

Get Your Game On!

5 team-building activities to practice at home



🕒 30 min

House of Cards : Work in a team to build a house of cards. Try 3 different challenges: tallest, longest, most surface area. How big can you go?

Hot Lava: As a team, you must make it from one location to another (like from the kitchen to the living room) by only stepping on "tiles." Tiles can be pieces of paper, pillows or anything you designate. Your team gets one more tile as there are players (if you have 4 players, you get 5 tiles; 3 players, 4 tiles, etc). Stay cool out there!

Tied Together Tasks: Using a soft cloth like a tie or ribbon, tie yourself to another family member (wrists together). Then, try to keep a complete everyday tasks around the house. Try not to laugh too hard doing this one!

Human Knots: Stand in a circle and join hands with the person across the circle from you, crossing arms and creating a knot. Then without separating, untangle yourselves as a team. Good luck!

Mud Puddle: With a partner, you'll take turns as blindfolded and leader. The leader will set out some "obstacles" in a safe space (outside is best) without the blindfolded partner seeing. Then, using only vocal cues/directions, the leader will lead the blindfolded team member from one side of the area to the other, avoiding all of the "mud puddles" or obstacles you've set up.



Habit tip! Chores are a bore, until you make it a game! Take an everyday household task and make it into a game requiring teamwork. What new games can you create?