

Team bonding games

Human Knot

Objective: Build communication and problem-solving skills.

How to Play:

Form groups of 6–12 people.

1. Everyone stands in a circle, shoulder to shoulder.
2. Each person reaches out both hands and grabs the hand of two different people who are not directly next to them.
3. The group must work together to untangle the “knot” without letting go of hands.
4. The goal is to end in a single circle.

Tip: For larger teams, have multiple groups compete to untangle the fastest.

Choreography Telephone

Objective: Encourage creativity and active listening.

How to Play:

1. Line the team up single file or form small groups.
2. The first person creates a short 8-count routine and performs it for the second person.
3. The second person watches once, then tries to replicate it for the third person, and so on.
4. The final person performs the routine for the group, and they compare it to the original.

Tip: Add a fun twist by using music or silly dance moves to make it more engaging.

Team Jigsaw Relay

Objective: Strengthen collaboration and physical coordination.

How to Play:

1. Break the team into smaller groups.
2. Write a motivational phrase or team motto on large paper, then cut it into puzzle pieces.
3. Place the pieces at one end of the room and have each team at the other end.
4. One person from each team races to grab a piece, returns to the team, and the next person goes.
5. The team works together to assemble the puzzle.

Tip: Add a dance move or cheer skill they must perform before running to grab a piece for extra fun.

Pass the Pom

Objective: Build focus and teamwork under pressure.

How to Play:

1. Form a circle or several smaller groups.
2. One pom (or a small object) is passed around the circle in a specific pattern (e.g., clockwise).
3. Once the group gets the hang of it, add another pom or object to increase difficulty.
4. To make it competitive, time how fast they can pass the objects without dropping them.

Tip: Use music to keep the energy high.