INDOOR GAMES





FILL THE BUCKET



- One of our many relay races available. • Use your waiter/waitress skills ! • A tray and a bucket full of ping pong ball will be
- provided.
- Team members will have to run without dropping it and pour the balls into another bucket. • Team that fills the bucket with the most balls
- wins.

10/20 Minutes

Team Spirit & Strategy (In)





HELIUM GAME



Creativity & Cohesion (In)

10/20 Minutes





• Divided into teams, all team members will form a circle around a hoop.

• Each team member will put a finger on the hoop. The hoop will be placed at chest height of the tallest person in the group. • The goal is to bring the hoop to knee height. If a team member loses contact with the

hoop, you must start from beginning. • The team that finishes first wins.

PING TAC TOE



10/20 Minutes

Strategy & Competition (In)





- There will be two teams on each side of the table, it is a fusion between a beer pong and a tic tac toe.
- Form a grid with nine glasses, each turn, the two teams send a player to throw a ping pong ball on the grid.
- The team that manages to form a line wins.

PAPER DRAGON



10/20 Minutes

Team Spirit & Creativity (In)





- Each team member will be given a long paper.
- Players will have to make the paper spin until it has covered the player's entire body.

THIS BLOWS



10/20 Minutes

Competition & Team Spirit (In)





- Blow a balloon. A few cups will be lined up.
- Try to make the cups fall with the release of the air contrained in the balloon.
- Team that will make the most cups fall wins.

FACE THE COOKIE



10/20 Minutes

Competition & Icebreaking (In)





- Place a cookie on your forehead, try to let it slide through in order to reach your mouth.
- Eat the cookie to win.

CARD NINJA



10/20 Minutes

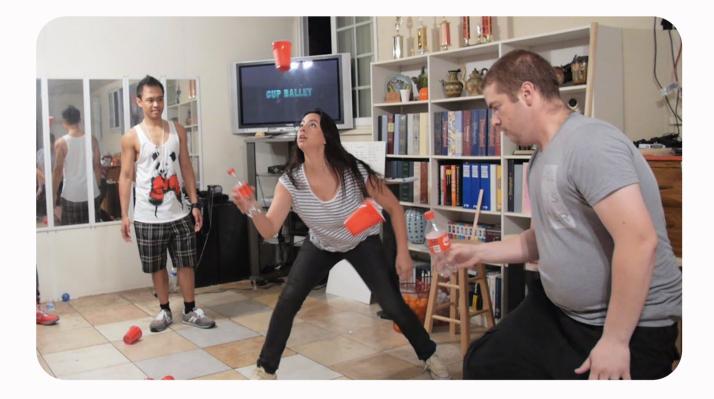
Competition & Icebreaking (In)





- A watermelon will be placed on a chair, each team is required to throw cards like a Ninja on the watermelon.
- The team able to stick the most cards in the watermelon wins.

CUP COLLECTOR



10/20 Minutes

Cohesion & icebreaking (In)





- Played in Duo, one player has to flip the cup and the other one has to catch the cup with a bottle.
- Team that gets the most cup caught wins.

FLOTACIOUS



10/20 Minutes

Cohesion & Icebreaking (In)





- You will be provided with a bowl filled with water. A tray will be place on the water.
- Each team has to stack 5 cans on top of each other in order to win.

SPIN DOCTOR



10/20 Minutes

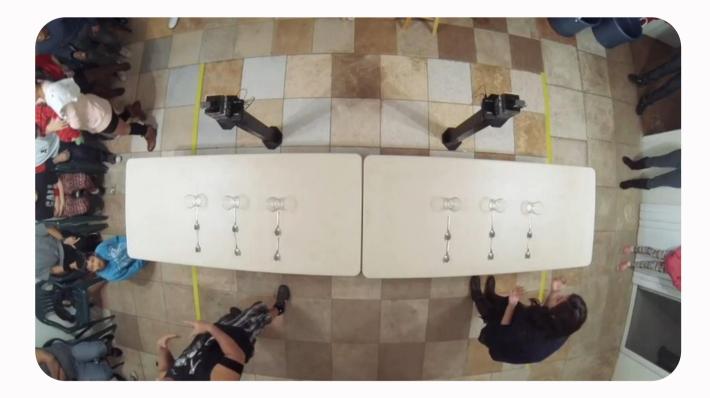
Icebreaking & Competition (In)





- Players are seperated by a table with a line in the middle.
- The player must roll a coin to the other end of the table, the opponent must stop the coin before it falls.

SPOON FROG



10/20 Minutes

Cohesion & Icebreaking (In)





- Three sets of two spoons each will be provided.
- Teams will have to connect the spoons to try to launch the spoon into the cup.

CAN SHOOTER



10/20 Minutes

Accuracy & Icebreaking (In)





- Each teal will be provided with a sling and a small ball (or a BB Gun).
- There will be cans stacked up or a target (e.g. the competitor's photo)
- First team to hit all the targets wins.

HOW IS IT HANGING ?





Competition (In/Out)





- One of our many relay races available.
- Each member will have to place a banana between their legs.
- They will have a banana attached wth a string between their legs, they will have to push the ball with the banana to the finish line
- First player to pass the line wins.

OFFICE TENNIS



10/20 Minutes

Team Spirit & Competition (In)





- Two people from each team will be given a cardboard and will have to help each other.
- They will have to hit the smashed paper together without hitting the floor and then score in the trash bin.

NUTSTACKING



10/20 Minutes

Cohesion & Competition (In)





- Each team must send a representative. Each player must stack 12 metal nuts without letting it fall.
- First to finish to stack wins.

PING PONG HORSESHOE





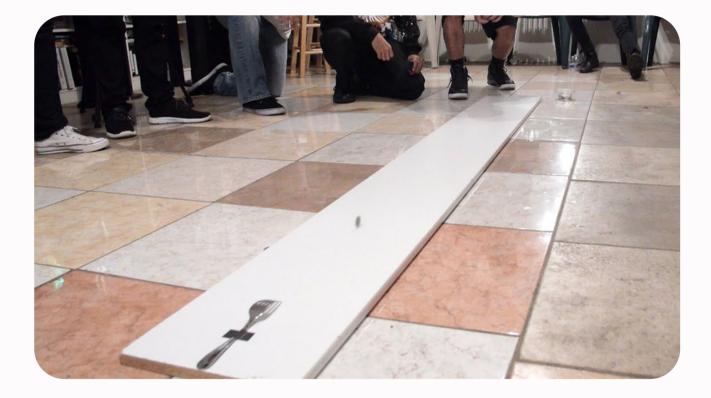
Cohesion & Strategy (In)





- There will be 3 horseshoes on the table.
- Players will compete to blow 3 pingpong balls into the horseshoes by only using their mouths.

GET FORKED



10/20 Minutes

Competition & Accuracy (In)





- There will be a fork attached to the edge of a table.
- The team must try to roll the coin into the fork without the coin falling down.

KNEE TRAMBLER



10/20 Minutes

Team Spirit & Sporty (In)





- Oranges/Balls will be given to a team. The team members will have to try to balance the oranges with their knees and put those in the hulahoop.
- The team that manages to get 10 oranges/balls in wins.

BOUNCE IT OFF



10/20 Minutes

Cohesion & Icebreaking (In)





- Players will be separated and sent on two sides of the playing field.
- One side throws the ping pong ball. The other one is attached with a cardboards and has to try to score in the basket.
- The game is played in 3 rounds of 2 minutes.

JUNK IN THE TRUNK



10/20 Minutes

Strategy & Icebreaking (In)





- Team members will be attached with scotch tapes ping pong balls.
- Players will have to wiggle until all ping pong balls fell off.
- First team to finish wins.

SORT THE M&M'S





Strategy & Cohesion (In)





- Teams will be provided with M&M's.
- Players will have to sort out the M&M's into cups by colors (with chopsticks). Each team sends a player, when a player is finished, a new player from that same team starts from scratch until all players sorted out the M&M's.
- First team to finish wins.

PAPER MUMMY



10/20 Minutes

Team Spirit & Creativity (In)





- In each team, someone will be selected to be the mummy.
- Other team members will have to wrap the mummy the fastest as possible.

PAPER KING



10/20 Minutes

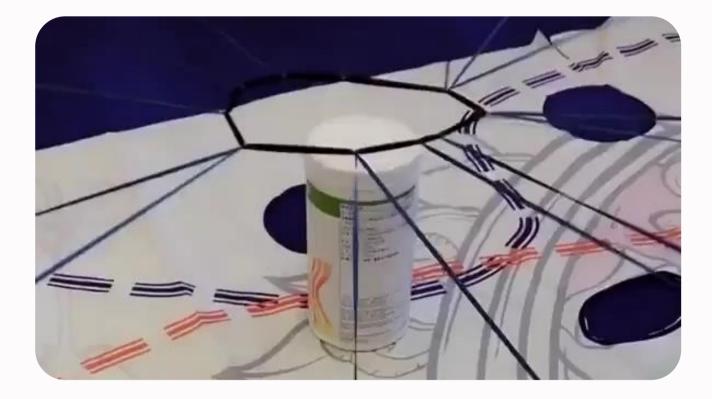
Strategy & Team Cohesion (In)





- Two players will be stuck together. The other team members will have to put cover them with A4 paper sheets.
- A4 Sheets must not fall or touch each other.
- The team witht the most A4 Sheets on the duo will win.

THE PYRAMID



10/20 Minutes

Cohesion & Communication (In)





- Each participant is holding a piece of rope. Player must pull the rope to tighten an object with an elastic.
- The goal is to stack objects on the top of each other.

SNAKE DANCE





Cohesion & Communication (In/Out)





- Everyone has to stand and to hold hands.
- Players must go under the arms of the next person holding hands.
- The team that makes it the quickest wins.



TAKE THE BOTTLE



10/20 Minutes

Cohesion & Strategy (In/Out)





- Team members will have hold a person that must not touch the ground.
- That last person has to grab the bottle and take it back where the rest of the team is.
- First team to bring all the bottles wins.

TURN THE ROPE



10/20 Minutes

Team Spirit & Strategy (In/Out)





- Players members will be wrapped with a rope.
- They must turn on themselves to unroll and wrap the rope on their teammates.
- First team to finish to unroll and wrap wins.

SUPERMAN BOTTLE



10/20 Minutes

Cohesion & Strategy (In/Out)





- Players must lie on a rope held by other team members.
- Players on the rope will have to catch a bottle while being lifted by teammates.
- Person on the rope must change at each lap.

PLANK WALKING



10/20 Minutes

Team Spirit & Sporty (In/Out)





- One of our many relay races available.
- Divided in 2 teams, each team will get 2 planks.
- Each team will join a position facing the other team.
- Each team must walk or run on the plank as fast as they can to get the team.
- The team that gets caught loses.

CONTACT OUR TEAM



BENJAMIN.CONRAZIER@GMAIL.COM +66 (0) 91 050 1408

For further information : https://teambuildingbkk.com/







TANNY.BKKFRENCHTOUCH@GMAIL.COM +66 (0) 87 492 2684



STRONGER TOGETHER WITH TEAM BUILDING BKK





<u>Check our Youtube Channel</u>





