TEAM COHESION GAMES













THE MINEFIELD







- Create a minefield by sporadically placing objects on the field.
- Form groups of two, a player puts on a blindfold and the other one will guide by only using words.
- The blindfolded person is not allowed to talk and will be eliminated if they stop walking or step on anything on the minefield.
- The goal is to make it to the other side.

PASS THE HOOLAHOOP







- Form a line and hold hands.
- Pass the hoolahoops from the beginning of the line to end without letting hands out.
- The team that finishes has to sit down.
- Winner gets more points or loser gets punishment.

SURVIVE ON THE BRIDGE







- There will be cardboards prepared for you to build a bridge with. Each team will be provided with the same amount of materials.
- There are two options:
 - 1. Bridge for humans: Everyone has to be able to stand on it without the bridge collapsing.
 - 2. Bridge for remote control car: The remote control car has to drive crossing bridge without the bridge collapsing.

STRUCTURE BUILDING







- Each team will be given limited resources and a plan to build a structure within a limited time.
- After finishing the building, each team has to present its structure and test its stability.
- There will be 3 rewards or more (e.g. tallest, strongest, most creative..)

MUTE







- Each team forms a line, everyone is watching in the same direction and the last person in line will go to the game master to look at the marker picture.
- This person will tap on the shoulder of the person in front of him/her for him/her to turn back and then will start the mime.
- You will use your body language for this person to guess the word. Once the person thinks they got the word, they tap on the should of the person in front and then until the end of the line.
- The goal is to keep the chain with the original word until the end.
- Unexpected results and ridiculous poses guaranteed.

DODGE BALL







- Divided into 2 teams on 2 sides with a defined number of balls in the middle.
- Start the game by getting a ball.
- Throw the ball to the other side by trying to hit the other team players. If it's a hit, that person is "dead".
- Dead person has to stand in the back of opponent team.
- If the ball is caught by the opponent, the thrower of the missed shot is "dead".
- If the "dead" can catch and throw the ball to hit the opponent, they are back alive and go back to their team.

PASS THE WATER







- Each team sits on the floor forming a line.
- Pass the water bucket from front to back.
- Add more conditions to make it more difficult (e.g. blindfold).
- First team to fill the bucket to the indicated point wins.

WATER VOLLEYBALL







- Two teams will play against each other.
- In each group there will be net catchers and throwers.
- Throwers will cast a balloon containing water toward the other team using a piece of fabric.
- Net catchers will have to catch the ball from the other team without exploding it.
- Throw back until we get winner by reaching a defined number of points.

EARTHBALL





- Form teams of 10 and divide into 2 groups.
- The first 5 team members will have to stand in a circle and to cover a distance with the ball without touching it with their hands.
- At the end of the course, the second half of your team will wait for you to take over and repeat the course.
- First team to finish wins.

SCAVENGER HUNT





- Split into teams.
- Each team will get assignments to complete (e.g. taking funny photos, talk with stranger, eat something ..)
- The team that gets the most points or finishes first will be the winner.

CAPTURE THE FLAG





- Two teams will get a flag to hide from other teams.
- You will have to capture other team's flags without losing your own. The teams cannot guard the flags too closely.
- When a player is located in the opposing team's territory, they can get captured by the ennemy team's players. If so, the captured player must perform a task (e.g. five jumping jacks, three push-ups) before returning to their own territory.

HOLE TARP





- You will be provided with tarps and 1 to 3 balls.
- Participants must navigate the ball around the tarp for the longest possible time period.
- The goal is to guide a ball around tarp without letting it fall into a hole.

THE HUMAN KNOT





- All the participants have to stand in circle, grab the hands of two different team members on the opposite side of the circle.
- Then, players must untangle themselves without letting go the grip.
- The exercise is over when the group becomes a ring with no hands remaining in the center.

HUNGER GAME





- There will be many colorful balls with different points lying on the ground.
- There will be an assigned role for each participant such as Collector, Attacker and Defender.
- Do your job; get and save as many balls as you can.
- You can steal from other group's collector or from their base, depends of your strategy.
- The team reaching first the assigned score will be the winner.

BOMB DISPOSAL





- A balloon is a bomb. It must not hit the ground.
- Your team will get the number of hit that you have to perform on the ballon in order to dispose it.
- One person can't hit the ball twice in a row.
- Take your time to think of strategy.

EARTHQUAKE





- There will be a paper or rope to limit your space.
- Your team has to fit in that space.
- The space will become smaller from time to time.
- Make your best score and win against other teams.

DEAF THEATRE





- Each team gets a story.
- All of the team members need to do a roleplaying without speaking.
- After the show ends, if each other team can guess the story correct, your team gets point.

THREE LEG RACING





- Your group will have its legged strapped together.
- You have to race against other teams with your legs tied.
- More rules can be applied for additional challenge.

SPIDER WEB





- There will be a rope binding to trees and poles.
- There will be many holes with different sizes.
- All of you will have to pass through the holes without touching the ropes.
- One hole can only be used once by passing or touching.
- If a person touches the rope, they have to pass again. That hole counts as used.
- Think of a way to let all of your team members to pass through them!

WIZARD OF OZ





- Each team member will have a word on the back, you have to show it to other team members while hidding it from your opponents.
- Discover the other teams words and give them to the staff to use those words to create a sentence.
- Brainstorm and conceive strategies to get a maximum of words without revealing yours.

HELIUM GAME





- 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.

CUP COLLECTOR





- 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.

BOUNCE IT OFF





- 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.

SORT THE M&M'S





- 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 KING

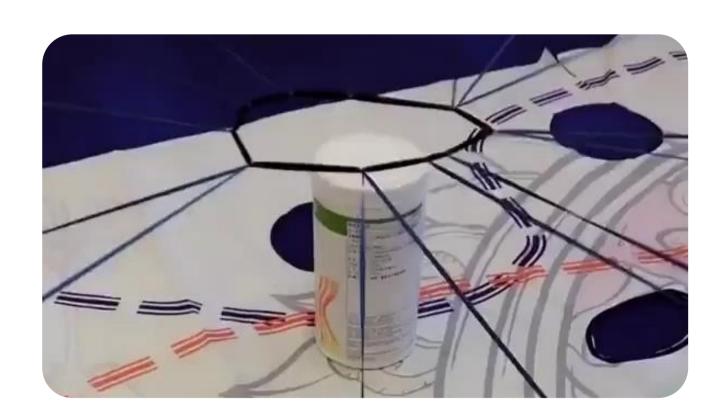




- Two players will be stuck together. The other team members will have to put cover them with A4 paper sheets.
- A4 Sheets must not fall or touch each other.
- The team witht the most A4 Sheets on the duo will win.

THE PYRAMID





- 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.

TAKE THE BOTTLE





- 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.

PLANK WALKING





- 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.

TURN THE ROPE





- 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





- 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.

FORT BUILDING



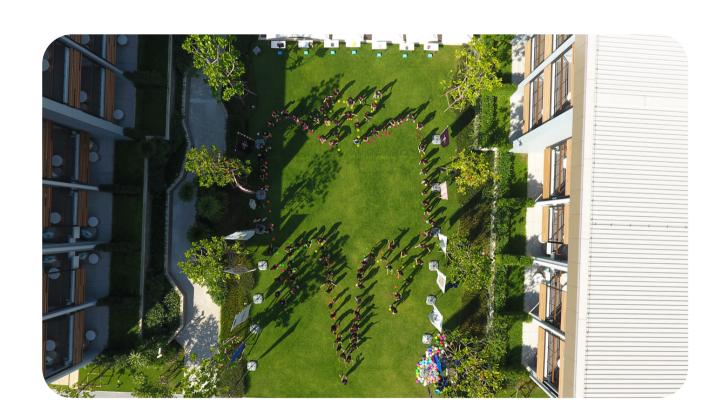


- Teams will be supplied with materials such as sheets, cardboard boxes, tents, play tunnels and duct tapes.
- You will have up to 30 minutes to build a fort. You can add special features such as moats, flags, drawbridges or secret rooms to make your fort more remarkable.
- Once finished, you will attempt to destroy your opponent's structure with a remote-control car.

BIRD EYE VIEW







- Choose some picture (usually your logo).
- Plan how to make everyone in your group to reproduce that picture. Organize it and try to make it as similar as you can.
- When you finish, the drone will go up and capture your result.
- We can provide T-Shirts with the colour of your logo on demand.
- Make it as your great memory of the team!

CONTACT OUR TEAM





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



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

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

STRONGER TOGETHER WITH TEAM BUILDING BKK









Check our Youtube Channel

