

Team Building

BALLOON BLOW	2
BLIND POLYGON	3
FROM ADVISORY TO ADVISORY	4
HELIUM STICK	5
MUSIC MOVIE TRIVIA	6
SARAN WRAP	7
SIT DOWN – STAND UP	8
STRAW CHALLENGE	9
TUG OF PEACE	10
GUMMY WORM GRAFFITI	11
MAGAZINE SCAVENGER HUNT	12
THE HUMAN KNOT	13
TRUST BLANKET	14
T.V. THEME SONG CONTEST	15
STEVENSON BINGO	16
STEVENSON BINGO QUESTIONS	17
BINGO BOARD	18
SHS SPIRIT AWARDS	19

Balloon Building

Objective:

To work together as a team in a short amount of time to make an end product that will be workable.

Materials:

6 balloons for each team, 1 yard of masking tape for each team.

Procedure:

1. Divide the advisory into 4 teams.
2. Each team must make a structure with only the six balloons and tape – the goal of the structure is to be the tallest in the class.
3. The freshmen can blow up the balloons to be as big or small as they want. They are allowed 5 minutes of planning time, and 12-15 minutes to build the structure (depending on how much time is left.) In order to win, the structure must be able to stand on its own.

Blind Polygon

Objective:

To work together as a team to communicate and problem solve.

Materials:

One blindfold for each participant and a large rope with divided knots (about 60 feet.)

Procedure:

1. Have the group get into a circle; everyone needs to be facing one another. Then have each person put on a blindfold.
2. Pass the rope around until everyone is holding on to part of the rope. Have a volunteer call out a shape to make with the rope. When making the shape, everyone holding onto the rope must be included and no one is allowed to change places.
3. When everyone agrees that the shape has been made, have everyone remove his or her blindfold and see the result!

Helpful Hints:

Choose a leader to supervise the activity and call out shapes. Also, make sure there is plenty of space for the group to work in.

From Advisory to Advisory

Objective:

To work together as a group.

Materials:

Paper.

Procedure:

1. Prepare a scavenger hunt for another advisory to get to yours.
2. Slip the first card under the door of the other advisory.
3. They will go through the scavenger hunt.
4. When they arrive have the students introduce themselves to each other to get to know more people!

Jen Brej '02
Michelle Zimbler '02

Helium Stick

Objective:

To teach the participants how to work together and communicate in small groups.

Materials:

A long thin light rod.

Procedure:

1. Have the groups of 8-12 people divide into two lines and face each other.
2. Explain the technical rules to the group: everyone's index fingers must remain in contact with the stick at all times, and the stick must rest on the top of their fingers at all times (no grappling, finger curling, etc.)
3. Have the group extend their index fingers at waist level.
4. Lay the stick across the group's fingers.
5. At that time, the group must work together to lower the stick to the ground – it is harder than it seems!

“The Team Building Activities Shop”
“Ultimate Camp Resource”

Music Movie Trivia

Objective:

To work together in small teams.

Materials:

CD filled with songs from different movies.

Paper.

Procedure:

1. Split class into groups of 2 or 3.
2. Give each group a piece of paper numbered for each song.
3. Start the music and advise all students to talk quietly in their groups.
4. Collect sheets and count correct answers.

Jen Brej '02
Michelle Zimbler '02

Saran Wrap

Objective:

To encourage teamwork!

Materials:

Saran wrap (lots!) and prizes

Procedure:

1. Each team should bunch together as tight as they can and then an FMP should wrap Saran wrap all around them.
2. Once the teams are secure, they should move as quickly as they can until they reach the object and/or prize in the room.

Helpful Hints:

Divide the advisory into big groups and try to include interesting prizes (these can help motivate the freshmen and create friendly competition.)

Sit Down – Stand Up

Objective:

Students will have to think as a team and communicate to figure out an effective way for everyone to sit down and stand up together.

Materials:

None.

Procedure:

1. Move all the desks out of the way and have everyone stand in a circle.
2. Tell them to first sit down and stand up without using their hands (without the group.)
3. Then have them all hold hands and do the same. They can do it however they want as long as they hold hands.

Helpful Hints:

Time them to see how fast they're getting.

Marina Komarovsky '04

Straw Challenge

Objective:

To help freshmen realize each of their actions has an effect on others.

Materials:

Enough straws for everyone in advisory.

Procedure:

1. Have all the freshmen and FMPs stand in a giant circle. Have them hold their straw against the pointer finger of their right hand.
2. Now, have them cross their left arm across their right arm and press the tip of their pointer finger on their left hand against the end of the neighbor on their right's straw. This should allow the tip of each of their pointers to be in contact with a straw.
3. Now, challenge the freshmen to do a series of movements, i.e. sit down, and move to the left, etc, without anyone dropping his/her straw. If a straw is dropped, no one is eliminated, rather, have the group start over.

Helpful Hints:

Set a goal for the group. For example, have them move in a circle to the left, move the entire circle forward, and sit down (in that order.) If a straw is dropped, the students must start at the beginning of the series – this creates more of a challenge! Also, this game is great for shortened periods – it may not take up all of the regular advisory time.

Adapted from “Ten Minute Lesson Plans”

Tug of Peace

Objective:

To raise yourself from the floor using only the rope (no hands for balance!)

Materials:

A long rope tied to form a circle.

Procedure:

1. Lay the tied rope out in a circle on the floor. Have the participants seat themselves around it and grab hold.
2. Instruct the participants that the object of the game is for all of them to raise themselves to a standing position by pulling on the rope-no hands on the floor for balance. They cannot stand up one at a time. Count to three and say, “Go!”
3. If anyone falls or puts his/her hands on the floor, the group must start over again.

Helpful Hints:

If the group achieves this quickly, try different challenges (i.e. a shorter rope) or setting a time limit. Also, make sure the rope is tied tightly!

Katie Fink '09

Gummy Worm Graffiti

Objective:

The team that creates the best portrait of an FMP wins!

Materials:

A couple of bags of gummy worms and paper and pen.

Procedure:

1. Break advisory into 4 teams.
2. Do a vote to see which FMP will be drawn.
3. Tell the freshmen that each team member must draw one facial feature at a time and every member must draw or else they will be disqualified.
4. When everyone is done, the FMP drawn will choose which team did the best job and gives him or her gummy worms.

Helpful Hints:

Tell them about the gummy worms at the beginning. This is NOT a race!

Benji Ellis '05

Magazine Scavenger Hunt

Objective:

To be the team with the most ad or pictures.

Materials:

- About 5 magazines, the number depends on how many people are in the advisory.
- A list of ads or pictures that are in all the magazines for the kids to look for, such as a Revlon ad, a red dress, or a picture of Beyonce.
- Candy or a different prize.

Procedure:

1. Split the class into groups of 3-4 people.
2. Hand out one magazine to each team.
3. Call out one item on the list and have the kids search for them in their magazine.
4. The 1st team to find the ad/picture wins that round and gets a point.
5. Continue steps 3-4 until you reach the last item on your list.
6. The team with the most points wins!

The Human Knot

Objective:

To break the ice in advisory and to encourage teamwork.

Materials:

None.

Procedure:

1. Have the freshman stand in a circle. Then instruct them to grab the hands of two different people in the circle who are not next to them. Everyone should be linked to two different people.
2. Instruct the freshman to untangle them so that everyone is standing in the circle holding hands to the person next to them, in other words, untangle the knot!

Helpful Hints:

Divide the advisory into two or three groups and see who can get untangled the fastest! Also, this is a relatively quick activity, so it is great to use if you have a little extra time.

Adapted from the “Leader Handbook”

Trust Blanket

Objective:

To test the freshman's trust of one another and to challenge them to truly work together.

Materials:

One blanket – it should have enough room for everyone to stand on it.

Procedure:

1. Lay the blanket on the floor and smooth it out so there are no folds.
2. Have all students stand on the blanket with their feet on the blanket: no feet can be touching the floor!
3. The students must work together to flip the blanket over without anyone's feet touching the floor.
4. If the students are successful, try folding the blanket in half and have them try again.

T.V. Theme Song Game

Objective:

To sing theme songs to TV shows.

Materials:

A list of television shows.

Procedure:

1. Divide freshmen into 2 or 3 teams.
2. Say a TV show to one team, and they have 30 seconds to have the whole team sing the theme song.
3. If the team is unable to sing it, another team has the opportunity to steal the song and sing it.
4. The team with the most points wins!

Michelle Lee

Stevenson Bingo

Objective:

The goal of this activity is to have the freshmen learn more about their school while playing an interactive game.

Materials:

25 bingo boards

200 bingo markers

Pen/pencil for each person

List of 25 questions about Stevenson High School

Candy for the winners

Procedure:

The leader of the activity will bring in bingo boards and pass them out to everyone in the classroom. The squares will have space for the students to write in their answers. The leader will read a question for a designated square and if the student has that square then they will fill in what they believe the answer is. (For example: B7 – What is the Mascot for Stevenson High School? If the student has B7 then they will fill in Patriot.) The questions will vary in difficulty. Once a person receives the squares needed in that game (whole rows or columns, diagonal, four corners) they will shout “BINGO.” They will then read their answers and if they are all correct they will win a piece of candy. If not we will continue the game from where they called “BINGO.”

Some helpful hints to make the game a success are to make sure the students are quiet so no one tells others the answers to they find out how much they really know. But, if no one seems to know the answer to a question you can always give a helpful hint.

This new game is based off the popular family game “BINGO.”

Stevenson Bingo Questions

1. B1 – What is the name of the SHS monthly magazine? Minuteman
2. B2 – What is the name of the feeder school with initials DW? Daniel Wright
3. B3 – What are the SHS school colors? Green and Gold
4. B4 – What is the website? www.district125.k12.il.us
5. B5 – Who is the school named after? Adlai E. Stevenson, Governor of Illinois and Ambassador to the United Nations
6. I6 – How many students are in your class? About 1200
7. I7 – Who is the SHS principal? Janet Gonzalez
8. I8 – How many grading periods are there in a school year? 6
9. I9 – Name a volunteer group at SHS? G.I.V.E. or Interact
10. I10 – How many students attend SHS? About 4500 students
11. N11 – What year will you graduate? 2011
12. N12 – What does B.O.S.S. stand for? Boys of Stevenson Spirit
13. N13 – What percent of SHS graduates attend college? 98%
14. N14 – What is the school address? One Stevenson Dr. Lincolnshire IL 60069
15. N15 – What is the PAC stand for? Performing Arts Center
16. G16 – What is Spirit Revolution? Cheerleaders and Patriettes
17. G17 – When did Stevenson open? 1965
18. G18 – How are the announcements given each day? On the TV
19. G19 – Where is the Glass Commons? East Building by the pool
20. G20 – Where is the Wood Commons? West Building
21. O21 – Where is the pool? East Building
22. O22 – What is the name of your advisory teacher?
23. O23 – Name all your FMP's.
24. O24 – What does FMP stand for? Freshman Mentor Program
25. O25 – What is the Stevenson Mascot? Patriot

Kara Bosman

Stevenson BINGO Board game

B I N G O				
1	6	11	15	20
2	7	12	16	21
3	8	S	17	22
4	9	13	18	23
5	10	14	19	24

SHS Spirit Awards

Objective:

This is an all year game. The point of this game is to improve school spirit among the freshmen, so that they carry on SHS spirit into their future years in high school.

Materials:

1 poster (decorated in green and gold)
Names of freshmen in the Advisory
Marker

Procedure:

1. The FMPs should tell the freshmen that if they wear green and gold on Fridays (spirit days) they get a point on the spirit chart.
2. There are several ways the FMPs can find out who wore green and gold on each Friday. The FMPs can award points to the freshmen they spot in the hallways wearing green and gold or that take a picture of themselves or that a friend verifies as wearing green and gold.
3. At the end of the year, whichever freshman gets the most points wins a prize. However, don't tell the freshmen what the prize is in advance. The prize can be a SHS spirit tee shirt or sweatshirt from the school store – so they can carry on their green and gold pride for years to come!
4. The freshmen can also be awarded point for showing spirit in others way. For example, freshmen could dress up the spirit days during Homecoming or Winterfest. Another possibility is if the advisory is attempting to have a class discussion and no one seems to be participating, the spirit points could be awarded to those who speak up.

Alexandra Esfahani