

Team Building Activities for Adults

Drawing Sheet

Breaking the ice is the most difficult part to do. Thus ice breakers help in bringing people together and easing out the tension amongst strangers. 'Drawing Sheet' is one of the quick team building activities for adults. To play this game you need pens or color pencils and paper. Divide the members in three different groups. Hand out a sheet of paper to each group. Begin the game by asking one member of the group to draw a line. Pass the sheet to the next person to continue drawing using the line drawn. Every person gets five seconds to draw. The facilitator is allowed to say stop and start. The game should be over in a minute. This game will help the facilitator to evaluate the teams on the basis of few questions:

- Did any team draw anything recognizable?
- Did the members grasp the idea?
- Did the time have any pressure on the members?

Surprises!

'Surprises' is one of the fun team building activities for adults. To play this game, you will need no preparations. Make two groups of people. In every group, every person has to have something in common with every other person present. The common things have to be different from living in the same place or working in the same office. You can ask questions like:

- What is your passion?
- What's your favourite book?
- What's your favourite cuisine?
- What's your favourite word?

This will help in evaluating who was the fastest person to gather the information. It will also help the persons to get introduced.

Watch Your Back

'Watch your back' is one of the outdoor team building activities for adults. Make as many pairs of participants as you can. Make them stand back to back, as they lock themselves by their elbows, holding hands at the stomach. Make a start and a finish line. In the same position the team must reach the finish line in minimum time. This game will help the participants to build patience and co-ordination with each other.

Read on for more information on:

- [Team Building Training: Games and Activities](#)
- [Executive Team Building](#)

Trust Lean

'Trust lean' is one of the indoor team building activities for adults. To play this game, make two rows of participants. Now make them face each other. Blind fold one row of persons, who will lean on the others. Keep rotating everybody, to see which pair trusts better. Ask the participants to maintain pin drop silence, so that no one can judge the position of the other before leaning.

Spider's Web

Spider's web can be one of the outdoor team building activities for adults or indoor team building activities for adults. Make the group of participants sit in a circle. Hand out a reel of string to one person, who is allowed to talk. The next person, who reacts to it gets the reel of string. This will eventually form a web, by the time everyone finishes talking. Now toss a ball on the web and ask the circle of members to keep the ball on the web. This is called 'teamwork'!

Read more on:

- [Outdoor Team Building Games](#)
- [Indoor Games for Team Building](#)

The [team building in the workplace](#) is a vital part of appreciating your value. Team building activities for adults should be carried out in corporate houses to encourage the feeling of team spirit. Playing such games is a good break from the mundane working hours. All work and no play will make your employees boring and dull. So now you know what to do, to get the best performance out of your employees. Game on!

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