

# Get Acquainted and Team Building Exercises

June 2013

## Why is team building important?

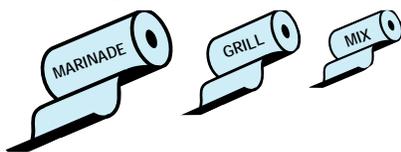


✘ **Team builders** set the tone for the meeting. We can feel the group climate just as we feel humidity, heat, frost and wind. A friendly, relaxed climate creates a more receptive, responsive mood in the group.

✘ **Team building** activities help participants feel like an important part of the group. When that happens, group productivity increases.

In past issues of *Seasons*, and on the web at <http://www.wvbc.org> > *American Baptist Women's Ministries* > *Details*, you will find many ideas for "get acquainted" activities. Sometimes it is fun to create a **team building** activity on your own. Be on the lookout in your everyday life for something to use. Here are several examples:

- 1.) **A roll of paper towels** purchased recently had cooking terms written on it. Divide your group into two or three teams and ask for a list of cooking terms from each



team: beat, peel, marinade, grill, mash, mix, roast, season, simmer, grill, grate, slice, serve and the list can go on and on.

Give the team with the most words a small prize such as: suckers, hard candy or a roll of paper towels.

- 2.) During the cold/flu season, **Hall's cough drop wrappers** had quotes of advice printed on them:

"Put your  
game face  
on."

"Take  
charge and  
mean it."

"Don't give  
up on  
yourself."

"Get through  
it."

"Don't try  
harder.  
Do harder!"



Print these for every lady and then ask for a quote that is important to them, and why it is meaningful to them.



- 3.) Change the routine of your meeting and begin with a **Love Gift** dedication. Ask each woman to share a blessing from the last month. Close with prayer, remembering all that we have and are is a gift of God's hand.