

# Get Acquainted and Team Building Exercises

April 2016

If you have been a leader in your women's ministry for a while, then it should go without

saying that an icebreaker (team builder) at the beginning of each gathering event is of the utmost importance – no matter if it is a regular monthly meeting or a special event (even MORE important at this!) **Having a fun "getting-to-know-you" activity will make everyone at ease and get the conversations started.** Here are a few ideas to add to your notebook. *(adapted from [www.womensministrytoolbox.com](http://www.womensministrytoolbox.com))*

## Getting to Know You

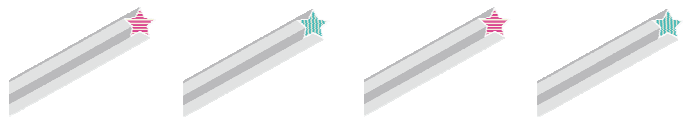
### Pass the Candy



Pass around a bowl of mints, butterscotch candies or any other individually wrapped pieces of candy. Have everyone take two.

Tell them you will be asking several questions and if their answer is "yes," they are to pass one piece of their candy to the right. If it is no, they hold on to the candy they have.

**The person with the most pieces of candy at the end is the winner! (Her prize is more candy than anyone else!)**



Here is a list of possible questions, but feel free to make up your own.

- ★ **Do you have to have your cup of coffee in the morning before you can function?**
- ★ Are the cans of food in your cupboard organized with all the labels facing forward?
- ★ **Have you ever fallen asleep during the worship service?**
- ★ Do you get your nails done professionally?
  - ★ Do you put makeup on before leaving the house?
  - ★ **Have you ever smuggled snacks into a movie theater?**
- ★ Have you ever been on a mission trip?
- ★ Do you shave your legs in the winter?
- ★ **Do you return your books to the library?**
- ★ Are you addicted to Home and Garden TV?
  - ★ **Have you ever lied about your age?**
  - ★ Have you ever worn something once and then returned it?
- ★ **Have you ever taken a sick day off work when you weren't really sick?**
- ★ Have you ever driven on the interstate with your directional on for a long time?
- ★ **Do you think it's time to stop asking these silly questions and enjoy the candy?** ★



## *A Few of My Favorite Things*

There is a free printable for this activity on the website mentioned on page one. Or you can make your own by putting four on a page and cutting them.

### A Few of My Favorite Things

- ★ *My favorite color:* \_\_\_\_\_.
- ★ *My favorite kind of music:* \_\_\_\_\_.
- ★ *My favorite sweet snack:* \_\_\_\_\_.
- ★ *My favorite salty snack:* \_\_\_\_\_.
- ★ *My favorite place to vacation:* \_\_\_\_\_.
- ★ *My favorite kind of food:* \_\_\_\_\_.
- ★ *My favorite place to eat out:* \_\_\_\_\_.

If your group is larger than eight people, divide the group accordingly, six or eight to a group. Give each group one lunch bag. Give the ladies five minutes to complete their answers (without sharing with one another) and then put their lists in the bag. One at a time within the small group, have one of the women take out a list, read it aloud and see if anyone can guess who it belongs to. *Pass the bag to the next woman and repeat until all lists have been read.* It's okay if a woman pulls out her own list ... no one else will know it's hers!



Be creative and make up your own list! You can use this at an officers' meeting, a special event, a small group. *And if you are a leader, it's a great way to keep a gift list for your officers.*