

Get Acquainted and Team Building Exercises

October 2013

'Tis the Season ... to get Acquainted

GETTING ACQUAINTED in the fall ...

It's football and soccer season!! Let's put some fun in our get acquainted time at our fall meetings.
Ask the group to finish the following sentences:



- When it's the fall season, I think of _____.



- My favorite football team is _____.

- When I attended school my favorite sport to watch or participate in was _____.



You are all cheerleaders for our church – so together, let's write a team spirit cheer for our church!



GETTING ACQUAINTED at Christmas time ...

When the Christmas season arrives, get acquainted time is always fun!
Try something new!



"Hello, my name is ____ and I am good at _____ during Christmas!"

Ask each lady to put her middle name on a piece of paper and place in a Christmas stocking. The stocking is passed around and as each name is drawn, try to guess the individual.



Share a little about a country and how they celebrate Christmas and let the group guess the country. Here is an example: Preparing for Christmas in this country makes one busy! The house, including windows, must be cleaned. It is believed that a house dirty on Christmas Eve will remain dirty all year! Gingerbread is a favorite item to bake. An additional seat at the dining table is kept for someone unknown. It is believed no one should be left alone at Christmas. Christmas is called "Boze Narodzenie." The Christmas Eve supper is called "Wigilia" and fish is served. Christmas dinner consists of beetroot soup, dumplings and a cabbage dish. Christmas Eve in this country is not an official public holiday. (Our country is Poland.)



As a small token you might serve a gingerbread cookie!!

