

Get Acquainted and Team Building Exercises

October 2014



Team Builders

Team builders are specially planned actions or activities that help participants get better acquainted. They get people to talk and laugh with each other and, at the same time, share information about themselves. Sounds simple, and it really is. It is also important to the function of your group.

Team builders can be used effectively at board and committee meetings, business sessions, circle meetings, small and large group meetings, in prayer or Bible study settings, during workshops or during a program. Almost any group can benefit from a **team builder**.



Try one of the following:

1.) *Ask the group to write down three things they like to do.* Then ask how they can use these likes/skills for American Baptist Women's Ministries or your church.



2.) Give everyone an apple or pass around one apple. *Ask each person to share two things with the group: (1) the area where you shine and (2) the area in your life that needs a little polishing!*

3.) Have some fun with a "slogan quiz." *Say the slogan and ask the group to call out the answer.* Add your own slogans to the list below by listening to commercials. Have a small prize ready for the group, such as Hershey Kisses, lollipops, etc.

- ✦ *Reach out and touch
(Bell Telephone)*
- ✦ *Things go better with
(Coke)*
- ✦ *When you care enough to send the very best
(Hallmark)*
- ✦ *Don't leave home without it
(American Express)*
- ✦ *You're in good hands
(Allstate)*

