

FREE Fun UNITE Activities Vol 4.



Fun & Quick Cohesive Team Building Exercises to Energize your “BIG A” Staff!

ZOMBIE ESCAPE

Things you need to prepare:

- A rope
- A key
- 5-10 clues or riddles

How to play the game:

Bring the entire team to a conference room, large room enough for everyone to move freely, make sure to lock the door. Amongst the team members, choose one to play as the zombie. The zombie will stand tied in the corner of the room, leaving a foot of leeway.

Once the same has begun, set a time keeper, who will allow the zombie to loosen the rope and move a foot forward every 5 minutes. While the zombie is performing his role well, the rest of the team will work on a series of different riddles or puzzles you prepare. Solving the series of riddles and puzzles will allow them to find the hidden key get out the room as soon as possible, and not let the zombie catch them.

Objective of the game:

To build teamwork and camaraderie.



TWO TRUTHS & A LIE

Things you need to prepare:

- Pens
- Paper

How to play the game:

Gather your team around. Give them each a pen and paper. Ask them to write two true things about themselves and a lie. Collect all the papers, shuffle them and give one to each participant. Let the member read aloud the two truths and one lie written by their colleague. Let him/her guess who owns the paper and tell what they think is the lie out of the 3 options given, then let the owner verify the information.

Objective of the game: To get to know each other better.



PAPER TEARING

Things you need to prepare:

- Paper

How to play the game:

The senior person needs to lead this game. Give each of the team members a sheet of paper, including the senior person. Let the team members close their eyes, and have the senior person give instructions on what they need to do with the paper, like, tear the paper in half, tear a small portion on the left side of the paper and so on. After all instructions are given, it is time for them to open their eyes and compare their finished product with the senior person. The closest will win the game.

Objective of the game:

To see how effective the senior person is in giving instructions and how his/her subordinates are following his/her lead.

REFLECTING ON THE DAY

Things you need to prepare:

- Paper
- Ball that is made out of paper.

How to play the game:

The ball made out of paper will be thrown from one participant to another where they will all share their experiences for the day, like, what are the things they learned for the day. The ball will be passed along until everyone has had their chance to speak.

Objective of the game:

To give each member the chance to reflect and give others the opportunity to learn from the experiences of their workmate. Fresh air & sunshine are great ingredients for team cohesion activities.





PANTY HOSE BOWLING

Things you need to prepare:

- Panty hose leg portion only
- Some type of hard ball
- Bottled water

How to play the game:

Place the ball inside the panty hose then place over your head (not face). Place the water bottle about 2 foot in front of you. Have your participants in a line.

Objective of the game:

Fun friendly competition to see who can knock over their bottle first or last. Increase morale, camaraderie and promote interaction between unit members.



5K FUN RUNS

Things you need to prepare:

- Teammates

How to play the game:

Run a 5K FSS organized run or have your own fun run in costume or not

Objective of the game:

Fun, friendly competition. Get blasted with color, chased by zombies, or attacked by villains in a themed 5k. Increase morale, camaraderie and promote interaction between unit members.

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