Teambuilding on a Shoestring

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Enhance communication, stress problem solving, and build community with these seven activities using only a pair of shoelaces. Come watch or play, and experience each of the challenges. These initiatives come from the International Association of Teamwork Facilitators (www.IATFconnect.com). This group is a great resource for offering activities that will build camaraderie among your players, and free for you to join.

Notes:
Team Building Games on a Shoestring

How To Use Two Normal Shoestrings to Lead 7 Fun and Engaging Team Building Activities

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Activity # 1:

All Aboard

Teambuilding Game

Group Size 6-15
Age Range: elementary school – adult
Intensity: Mental=1, Physical=1
Time: 5-10 minutes without debrief
Space: Minimal – Medium -- Lots
Set Up Time: 60 seconds
Props: Two shoestrings

Challenge

The entire group must fit inside the circle on the ground formed by the two shoestrings.

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Activity # 2:

Amoeba Electric Fence

Teambuilding Game

Group Size: 6-15
Age Range: elementary school – adult
Intensity: Mental=1, Physical=1
Time: 5-10 minutes without debrief
Space: Minimal – Medium -- Lots
Set Up Time: 60 seconds
Props: Two shoestrings

Challenge
The entire team must cross over the top of the “electric fence”.

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Activity # 3:

Bus Stop

Teambuilding Game

Group Size: 3 – 50 people
Age Range: elementary school – adult
Intensity: Mental=1, Physical=2-3
Time: 5-10 minutes (without debrief)
Space: Minimal – Medium -- Lots
Set Up Time: 60 seconds
Props: Two shoestrings

Challenge

Group members make choices (express their opinions) in front of other people by getting on and off an imaginary bus.

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Activity # 4:

Crossover

Teambuilding Game

Group Size: 8-30 people
Age Range: middle school – adult
Intensity: Mental=2, Physical=2
Time: 10-30 minutes
Space: Minimal – Medium -- Lots
Set Up Time: 1 minute
Props: Two shoe strings

Challenge

Team members must move from one side of a circle to the other as quickly as possible.
Activity # 5:

Geometry
Teambuilding Game

Group Size: 6 - 8  
Age Range: elementary – adult  
Intensity: Mental=2, Physical=1  
Time: 5 – 10 minutes (without debrief)  
Space: Minimal – Medium -- Lots  
Set Up Time: 60 seconds  
Props: Two shoestrings

Challenge

The group must work together to create assigned geometric shapes.

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Activity # 6:

Infinite Loops
Teambuilding Game

Group Size: Any size group - - people work in pairs
Age Range: Elementary – adult
Intensity: Mental=3, Physical=1
Time: 15 – 60 minutes
Space: Minimal
Set Up Time: 60 seconds
Props: One shoestring for each person

Challenge
Become disconnected from your partner.

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Activity # 7:

Pass The Circle

Teambuilding Game

Group Size: 6 - 15
Age Range: elementary – adult
Intensity: Mental=2, Physical=1
Time: 5 – 10 minutes (without debrief)
Space: Minimal – Medium -- Lots
Set Up Time: 60 seconds
Props: Two shoestrings

Challenge

Pass the shoestring circle around the circle of people as quickly as possible.
IATF Resources for Teamwork Facilitators

Supportive Online Community
Teamwork facilitators, trainers, educators, and coaches from 50 countries.

Convenient Home Study Courses
Become a teambuilding expert on your schedule.

Teambuilding Game Books
Teach teamwork in a fun and memorable way.

Workshops, TeleSeminars, Webinars
Distance learning for individuals and teams.

Teambuilding Equipment
Get results with gear that’s been team tested.

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