

EXTRA SMALL GROUP TEAM BUILDING ACTIVITIES - HSM

Leaders, here are some extra activities you can use this fall to connect with your students and build relationships. If your group goes through the given activities during our Gamechanger series in under 10 minutes, pull another one for here – or feel to use it in other hang out times to have fun together.

THE HAND GAME (no supplies needed)

Everyone must either lie on their stomachs with their hands in front of them or sit at table with their hands in front of them, in a circle. Either way, have your hands ready to slap a flat surface.

Once everyone places their hands directly on the table or ground in front of them, move your right hand in between the person to your right's hands. This creates an alternating hand pattern. So, looking down onto the group the hands would look like this:

(From left to right) My LEFT hand, then the person on my left's RIGHT hand, then the person on my right's LEFT hand, then my RIGHT hand, and so on. Although it is hard to describe, it's a really simple set-up...

To start, one person calls out the tapping direction, either Left or Right, and starts slapping their hand once on the ground/table. The hand closest to the first slap, in the named direction, slaps the hand, then the next closest, and so on.

If hand A slaps, hand B can either single slap or double slap. A single slap keeps the slap going in the correct direction, a double slap sends the slap in the opposite direction. If someone slaps out of turn, they must remove that hand. All other hands stay where they are. When both hands are out, that person is out of the game.

The game is over when there are two people left. Try and go faster as the game progresses. If you make a mistake, then you leave the circle.

Debrief together:

- What was fun about this activity?
- What was challenging?

PASS THE CIRCLE (Need 2 Shoestrings)

Tie 2 shoe strings to form a circle. Have all group members stand in a circle holding hands, with the shoestring circle resting on two people's hands. The shoestring must travel clockwise around the whole circle. No letting go of hands or your group must start over. (*Tip: Skip this activity if you have students wearing skirts above their knees*)

Debrief together:

- What was fun about this activity?
- What was challenging?
- What are different "hoops" you have to jump through in your life?
- How can this group be a place we encourage and support each other as we jump through life's "hoops?"

ALL ABOARD (Need 2 Shoestrings)

Tie 2 shoe strings to form a circle and lay it on the ground. Everyone must be touching the ground inside the circle in some way. The entire group must stay inside the circle and sing "Row, Row, Row Your Boat" to win together.

Debrief together:

- What was fun about this activity?
- What was challenging?
- How did we have to support and help each other to achieve what may have seemed at first impossible?
- How can this group be a place we support and help each other as we face tough challenges in life?
- How can Jesus help us through things that seem impossible? (Anyone have an example from their life they can briefly share?)

THE CROSSOVER (Need 2 Shoestrings)

Tie 2 shoe strings to form a circle and lay it on the ground. Have the group hold hands (arms stretched) and form a circle around the string. Drop hands. Students and leaders need to space evenly and get directly across the person from you. You and your crossing partner must walk toward the center and both step into the circle at the same time as you cross to the other side. Go under your whole group crosses. Time your group as you go to see how long it takes.

Debrief together:

- What was fun about this activity?
- What was challenging?

BONUS:

- Do it again, trying to break your groups time record.
- After you do, debrief together:
 - o Why do you think we were faster that time?
 - o The more time we spend together inside and outside of small group, the better we can support and encourage each other.

GET TO KNOW YOU (Need beach ball with get to know you questions)

Have your group form a circle where you can throw a beach ball back and forth without knocking anything over. Have students pass the ball randomly to get other, and when they catch it they must answer the question closest to their left thumb. Remind your students the point isn't to make tricky passes, but to get to know each other through answering questions.

BONUS: As a group, come up with 1-3 questions of your own that people can answer when their thumb doesn't directly answer as a question.

TIP: Some students will feel on the spot – be patient in giving them time to think of an answer. This gives you insight into which of your students may need more reflective time and encouraging before they feel comfortable answering questions throughout your small group discussion times.