



Team Building Activities for Your Troop

Human Knot

Have the group get into a circle. Each Girl Scout should raise their left hand and grab another person's left hand. Now have each Girl Scout raise their right hand and grab the hand of a different person. The group now untangles themselves without letting go of each other to make a circle again. Variations include not talking, having one or two players blindfolded, or not allowing the obvious leaders to talk; giving the quieter kids a chance to lead.

The Line-Up

Have the group line-up by their height. This should be fairly easy. Now have them line-up by their birth dates or by shoe size without talking.

Earthball

The group task is to keep a beach ball or balloon in the air for a specified number of hits without letting it hit the ground. Additionally, no one person can touch the object twice in a row. Set a goal with the group for the number of hits that the group can make following the rules. After your group meets its goal, it can increase the target number or go for a world record and see how many hits the group can accomplish.

Number Call Out

Assemble the group. Call out a number such, as "three" and the Girl Scouts must scramble to get into groups of three. Try for numbers that divide the group evenly into your total group, or have those left out be the next callers.

Fingers Up

Instruct all Girl Scouts to hold any number of fingers up in the air. All those with a matching number of fingers become a team or all odd numbers and all even numbers become a team.

Group Search

Have a Girl Scout hide an object in a large area. Using team planning and techniques, conduct a search to find the missing object as quickly and efficiently as possible.

Balloon Train

Have the group stand in a line like you would for the bunny hop. Each Girl Scout has a balloon, and the balloon is placed between your chest and the person in front of yours back. Object is to have the train move around the room without the balloons falling and without use of arms and hands. If a balloon falls they must get the ball back up trying not to let any more fall.