

# Builders Club

## Icebreakers and Teambuilders

*Use icebreaker activities at the beginning of the year to help members get to know each other and feel welcome and teambuilding activities to build connection between members in your club.*

### ICEBREAKERS

#### **Featured Icebreaker: SHARING SOMETHING MEANINGFUL**

*Purpose:* To give members an energizing and authentic way to open up to teammates and get to know one another.

*Time:* 15 minutes.

*Supplies:* Before the meeting, ask members to bring in one item that means a lot to them.

*Instructions:* Divide members into groups of 4 to 5. Ask them to sit in a circle. Each member has two to three minutes to talk to the group about their meaningful item and why it is important to them. After everyone is finished, thank club members for sharing.

*Reflection:* As a wrap up, ask members: What was most difficult about sharing your meaningful item with others? How did others receive the information shared? How did you react to others who shared?

**More Icebreakers!** *For full instructions for activities below, visit [buildersclub.org/advisors](http://buildersclub.org/advisors).*

#### **BUILD A BRIDGE**

Club members get to know one another while focusing on building a miniature bridge made of straws and gum drops. Members have to practice self-restraint during the activity as the more gum drops eaten means the less building supplies they have. Allow members to chat and check out the progress of other teams during this activity.

#### **RULES OF ENGAGEMENT**

At the beginning of the year, guide members to decide what they can do to encourage kindness, respect and participation from all members during club meetings. Ask members to brainstorm and decide on the club's "rules of engagement" – their rules will identify the behaviors they welcome during meetings and behaviors that are not acceptable in the club.

#### **TALLEST TOWER**

The main challenge in this energizing activity is for members to learn a lot about each other and discover what they have in common. Divide members into small groups. Ask members to talk to teammates and write things that they have in common with each other on index cards – one similarity per card. The more they learn, the more cards they'll have. Then each group builds a tower with their cards. The group that builds the tallest tower wins!

# TEAMBUILDERS

## **Featured Teambuilder: FROM MY PERSPECTIVE**

*Purpose:* To highlight the importance of good communication between club members.

*Time:* 15 minutes.

*Supplies:* Paper, markers, and an easel. Ask an officer to create a drawing on flipchart paper before the club meets – it should not be too simple or too difficult to describe; keep it a secret!

*Instructions:*

1. Divide members into pairs and ask them to sit back-to-back, with one person facing the front of the room and the other facing the back. The individual facing the back of the room receives a sheet of paper and a marker.
2. Display the drawing on the easel at the front of the room after members are seated.
3. Give the first instructions: Only the person facing the front of the room can see the drawing and must describe it so their partner can draw the picture. The challenge is to create a drawing that closely resembles the one displayed. The person drawing the picture isn't permitted to ask questions. Tell them they have five minutes and begin.
4. Pause the activity. Let members know that the person doing the drawing can now ask questions while continuing to draw. Tell them they will have 3 more minutes to draw.
5. After 3 minutes, ask drawing members to remain looking at the back of the room. Then, begin adding additional doodles to the easel drawing and ask the members facing the front to continue instructing their drawing partners so the additions are also included on their drawings. After one minute, conclude the drawing time.
6. Ask drawing partners to face forward and view the drawings with their partner. Ask everyone to hold up their drawings and look around the room to see how everyone fared. Which pair mirrored the drawing in the front of the room the most closely?

*Reflection:* Ask members to share: What aspect of the activity was most challenging? Was it tough listening without being able to ask questions? How did this impact outcomes? How was the activity like communicating with other people in real life?

**More Teambuilders!** *For full instructions for activities below, visit [buildersclub.org/advisors](http://buildersclub.org/advisors).*

## **MAKE A MACHINE**

Teams will pick a working machine and recreate it using people (not letting other teams know their pick). Each member must play a role as one of the machine's parts, motions or sounds. After preparing, each team acts out their machine as the club guesses what it is.

## **RUMORS**

Members form into two equal groups and sit in a long line on opposite sides of the room. Pick a leader from each group and quietly give each a complex message. The leaders are to whisper the message in the ear of the first person seated in the line and each person whispers it to the next. The last person sitting in line then goes to the easel and writes the message they heard on a piece of paper. The leaders share the original messages aloud. The club discusses what was challenging about the activity. Repeat the activity allowing those receiving whispered messages to ask questions.

## **SNOWBALL**

Spreading positivity during club meetings will be easier after trying this teambuilding exercise. Club members write down the things that make them feel stressed onto pieces of paper. They crumple their papers into a snowball and throw it. Reflecting together about things that trigger stress helps members understand that we all struggle with stress from time to time and that's okay.