

EPALE UK – Adult learning in the workplace

Team building activities

Introduce a colleague to the group

This is a great activity for new teams, but can also be adapted for more familiar colleagues. Great for instilling a sense of team spirit, comradery and support, any workplace can benefit from using it as a team building activity. The aim is to start a discussion with your colleague, get to know about their personality and / or job role and then share the things you have learned with the rest of the group. Your partner then does the same. Once the whole group have shared, everyone should be feeling more comfortable with each other.



Make a team mascot

A great activity for finding a team identity, making a mascot can help to focus everyone on the team's unified goals, strengths and purpose. This can be particularly fun for identifying common ground and helping colleagues to think about 'us' instead of 'me'. People frequently choose to represent the team as an animal and to think of their team qualities in terms of animal characteristics or appearances. For example, if your team's diversity is a particular strength, perhaps a chameleon or parrot is a good choice, or if the team is small but able to face big challenges, a mouse might be the ideal representation. Make the mascot out of paper, craft materials or create a digital design.



True or false?

Another great game for getting to know each other and having a laugh at the same time! Colleagues should prepare two stories to deliver to the group – one true and one false. The rest of the group then ask questions to try and work out which story really happened and which didn't. This game often results in some very humorous stories, making it a great choice during stressful busy periods or when team morale could do with a boost.

