Ice Breakers and Team Builders

Getting To Know Each Other- Energizers and Team builders
The following pages include a variety of exercises to try out with your floor or group. The first steps in planning to help develop your group through team builders are:

- Assess where your group is and at what level of risk they are willing to take
- Begin with low risk activities and then build progressively to more challenging experiences
- Consider that timing is critical to the successful use of teambuilding
- Ensure that people are dressed appropriately for the exercises—make sure that jewelry is removed, glasses are removed for very physical activities, very loose clothing is worn, shoes fit the activity, and shorts are not worn if the participant will be climbing rough terrain.
- Give people an out if they are afraid or unable to do the activities
- Make sure that safety precautions are always taken such as utilizing spotters, checking equipment to be used to make sure it is in good shape, etc.
- Use written waivers if any risk is involved in the person’s participation

Good Luck in your endeavors!!!

Icebreakers/Name Games
These introduction games are a great way to start building community in your halls. They are especially important at the first few floor meetings, hall group meetings, etc.

Nametag:
At the start of the meeting have everyone make a nametag that includes a picture on it that says something about themselves. (a caricature, cartoon, symbol, place…). Go around the room and have each person explain their drawing. You can use note cards and felt pens or if you really want people to be creative supply construction paper and scissors.

Where were you?
Pick a year or date before the meeting and then give each person a chance to tell what they were doing on that date. (Ja. 1967 or Summer 1975.)

Important Item:
Have each person bring something to the meeting that means something special to them or that would not have left home without, and then take turns telling about it.

Dyad Instruction:
Have people pair off using the criterion of not knowing their partner well. Allow 2-5 minutes each to introduce themselves to each other. Then have their partners introduce each other to the group or to another dyad.

Superlatives:
Participants are asked to study the composition of the group quietly and to decide on a superlative adjective that describes themselves in reference to the others (youngest, tallest, most-up-tight, etc.). Then tell their adjectives, explain and, if possible, test their accuracy.
Hometown:
Have a large outline of Minnesota (4x5’) taped to the wall. Leave border space for those born outside of the state. Have participants put their hometown and first name on the map. Then ask them to share their hometown and how they decided to go to Carleton.

Demographics:
Brainstorm on background data that participants would be interested in knowing about each other (age, education, and birthplace). Have each participant tell who they are in reference to these demos.

Name Memorization:
Have participants sit in a circle. Have someone tell their name. The person next to him/her has to repeat the first person’s name and then say their own name. The third person repeats the first person’s name and second person’s name and then says their own name. This continues until the last person has said everyone’s name in the circle. (The try to do it backwards!)

Contrasting Statement:
Think of several contrasting groups such as Daisy-Rose, Volkswagen-Cadillac, lion-mouse, hammer-nail. After saying each pair have the group divide in two and join the group they best relate to the word. Within the group have them explain why they chose to say the hammer instead of the nail.

Lollipop:
Pass out dum-dum lollipops to the group. For every letter that appears in the flavor the participant has to say something about themselves to the group.

Sentence Stems:
Form dyads (2) or triads (3) and have participants complete the rest of the sentence. This can be done by the leader saying the sentence to all or have sheets of paper with these listed so that people can take their own time in covering them. (Excellent for roommates!)
Here are some examples or think of your own.
  Before I came to Carleton, my main interests were…
  The way I would describe my family is…
  The thing I remember most about high school is…
  My fondest memories of another person are…
  My most unusual friend is…
  My favorite pastimes are…
  The things I value most are…
  Where I hope to live five years from now …
  Some of the things that make me happy are…
  The thing that concerns me most about school is…
  The thing I would most like to accomplish this year…
Good starters for roommates might be:
  The first day we met the things I noticed about you were…
  Since then something that surprised me about you was…
  Something I like about you is…
  It appears to me that an important difference between us is…
  I think we might have to compromise on…
  What I think I will get out of have a roommate is…
  I think the most important thing I learned in this discussion has been…
**Toss A Name:**
Standing in a circle, pass the ball around and have each person say their name. Then have a person call someone by name and toss the ball to them. When the other catches it they say thank you (using the name of the person who threw it) and then call upon another person to toss the ball to. After the ball has been tossed for a while, start a second ball going at the same time, a third, and finally, a fourth. Have a person volunteer to say everyone’s name in the group, or do it together as a group.

**Hog Call:**
Break the group into pairs. Each pair must choose two things; a machine and an animal. Then they have to decide who is which. The pairs then divide up on opposite sides of the room. Everyone must close their eyes, and by only making the noise that their partner character would make, they must find their partner. When they find their partner they can open their eyes and wait until everyone else is done. When conducting an activity with eyes closed, have the group raise their hands in front of their chest as bumper guards, and have at least one person (leader) acting as spotter.

**Stinger:**
The group forms a circle and closes their eyes. The leader of the group selects a stinger by squeezing an individual’s shoulder. The group then opens their eyes and spends time introducing themselves to others while shaking hands (and trying to spot the stinger). The stinger tries to eliminate all the others in the group without getting caught in the act. The stinger strikes by injecting poison with their index finger while shaking hands. A person stung may not die (dramatically of course) until at least 5 seconds after they are stung. The can not give the stinger away to the group. When someone thinks they have discovered who the stinger is, they may announce that they know who the stinger is. If they get a second from another person in the group within 10 seconds, the two of them may make an accusation. If the person doesn’t get a second, he/she must wait to challenge again until another person has died. If another person does step forward and second the challenge, both will point to who they think the stinger is on a count of three. If they don’t point to the same person, or they both point at the wrong person, they are automatically dead. If they both select the correct person, the stinger is dead.

**Human Knot:**
The group faces each other in a tight circle. Each person holds out their right hand and grasps another as if shaking hands. All then extend left hand and grab another left hand. They should not have both hands of the same person. Explain to the group that they must untangle themselves into a single circle without releasing hands. If the activity continues without solution, administer “knot first-aid” and break one set of entangled hands (with group consensus) and continue to solve the knot. You may have to decide as a group that your knot is untiable after prolonger attempts.

**Solemn and Silent:**
The instructor explains that this exercise takes self control. Members pair up back to back. On the count of three everyone must face their partner, look each other in the eyes, and try to remain solemn and serious. No speaking! The first to smile or laugh must sit down. All who remain standing take a new partner and the activity continues until only one person has not smiled or laughed. (2nd round of playing can involve two teams competing to out last each other). If you get a pair at the end who are both keeping a straight face, the rest of the group can act as hecklers to disrupt them.
Hello:
Form a large circular seating arrangement. When the group is seated, explain that they will be utilizing an unusual greeting. One at a time, each participant is to stand, take two steps towards the center of the circle while simultaneously saying, “Hello, my name is____,” while emphasizing their hello by using facial expressions and body movements (ex. Gyrating their hips). As the participant sits, the rest of the group stands and takes two steps towards the center of the circle, repeating the facial and body movement, saying “Hello, ____”. The group leader can start by demonstrating, and the warm-up continues until everyone has gone.

Uncle Fred’s Suitcase:
The group forms a circle. The first person states their name and the reason they picked this college, group, etc. You continue going around the group, repeating what the person/s preceding them name and why they had chose to come here. You can also substitute the “Why you came here” with other things like “My name is Sam and I brought a Sink because I like to wash my hands”, etc.

Duo Interviews:
Begin by having the whole group introduce themselves to the entire group. Follow by pairing up, and distribute paper and writing utensils to each participant. If necessary, three people can form one group. Each pair is to spend five minutes interviewing each other, learning names, and sharing information about backgrounds, interests, values, goals, etc. Call the group together when the time has elapsed and have their partners introduce the people that they have interviewed. Continue until everybody has been introduced.

Who Am I?:
In this exercise group members will be asked to identify the names of famous persons. The leader tapes to the back of each group member a nametag with the name of a famous person written on it. The group member is not to see what is taped on his or her back. The leader then tells group members that their task is to find out who they are. Members are to mill around the room and ask each other questions that can be answered only with “yes” and “no”. For example, “Am I living?” “Am I a movie star?” If the member receives a “yes” answer he or she must move to another group member to ask another question. When a group member has established his or her new identity, he or she removed the tag, writes his or her name above the famous name, and tapes the tag to his or her chest. The member then mills around the room, helping other group members discover their identities. The exercise concludes when all members have discovered who they are.

Birthday Line:
Explain to the group that this is a nonverbal group exercise. The group task is to form a single straight line according to birthdays. For example, persons with January birthdays will be at the beginning of the line, earliest January dates first followed in order by later dates. The line progresses by months and days with December birthdays at the end. Persons with the same birthday share the same place in line. Talking is not allowed. You must communicate nonverbally (no lip-reading or spelling in the dirt is allowed). When the line is completed, each person will sound out his or her birthday, beginning in January.
The Shoe Game:
Have the group stand in a large circle shoulder-to-shoulder. Then have everybody remove their shoes and tie them together. At the leader’s command, everyone runs to the center of the circle and throws their shoes into the pile, returning to the circle. Have one volunteer choose one pair of shoes other than his/her own and make one statement about the owner of the shoes (for example, “The owner of these shoes must be a very thrifty and economical person to still wear shoes in this condition!”). The owner of the shoes then comes forward, introduces herself/himself to the group, and picks out another pair of shoes to introduce. Repeat. Continue until all the persons have been introduced through their shoes.

Nonverbal Introductions:
For this exercise you will need: 1 sheet of paper 8x11 and one pin for each person. There should also be a mock-up sign for example and all should have pencils. To begin, each person will have 5 minutes to make individual signs. Pin to front. The exercise is nonverbal. Each person will nonverbally introduce themselves to everyone other person by shaking hands and sharing information from the sign. No verbal comments or questions. (10 minutes). After the nonverbal interaction period, persons may take 5 minutes to verbally respond to signs, ask questions, etc.

<table>
<thead>
<tr>
<th>Famous Person you admire</th>
<th>Famous Person you don’t admire</th>
</tr>
</thead>
<tbody>
<tr>
<td>Your Name Animal you identify with</td>
<td>Where you see yourself in 10 years</td>
</tr>
<tr>
<td>Your most valued possession</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Famous Person you admire</th>
<th>Famous Person you don’t admire</th>
</tr>
</thead>
<tbody>
<tr>
<td>Your Name Animal you identify with</td>
<td>Where you see yourself in 10 years</td>
</tr>
<tr>
<td>Your most valued possession</td>
<td></td>
</tr>
</tbody>
</table>
What are 3 things you do well?
What are 3 things others think you do well?

What is one thing you will strive to improve in yourself this year?

At the end of the year what 3 words of phrases would you want inscribed under your picture?

What would you like people to notice that you have done this year?

What is one accomplishment you want to be remembered for and how will you accomplish it?

What would you do if you have one year to live?
Hello, my name is ______________________________. I am ________ years old and I am majoring in _______________________. My home town is ___________ and I really _______________ it there because ___________________________.

I always dreamed that someday I would __________________________, and that dream has _______________ true. I feel _______________ about it now! Some things I like to do include _______________________________________________________, and I really hope to be able to ____________________________ this term. There are many things that I am good at and one of them is _______________________________.

I did a real interesting thing once and that was ______________________________________________________________. My family consists of ______________________________________________________________. If I could change one thing about myself it would be _______________________________________________________.

Still, I am really glad to be here right now because _______________________________________________________.

My primary concern this term is ________________________________ because ______________________________________________________. I would really like to get together with anyone who would be interested in _______________________________________________________. The one thing I want to be remembered for is _________________________________. As far as future plans are concerned, I hope to be ________________________________________________________ some day.

Any other comments:
Find a person on the floor who fits each of the following descriptions. Have the person sign their initials next to the appropriate situation.

____ Someone who is an only child
____ Someone who was born in another country
____ A person who has children (?)
____ A Leo
____ Somebody who hate veggies (vegetables)
____ Someone who plays a musical instrument
____ A person who has traveled abroad
____ A student majoring in education (?)
____ An engineering student (?)
____ Someone who reads horoscopes
____ A person who has a job
____ Someone with a shoe size of 10 ½
____ Someone who lettered in a competitive sport in high school
____ A person who likes Dan Quayle (?)
____ Someone who claims to be an artist
____ Someone who drives a foreign car
____ A person who is the baby of the family
____ Someone who works at a residence hall desk (?)
____ A member of a Greek fraternity or sorority (?)
____ Someone who has visited a prison
____ An Easterner
____ Some who has been a foreign exchange student
Energizers

Energizers are activities that get the group psyched up or relaxed. Energizers make the group feel silly. It helps to break tension and seriousness in a group. Risk with these activities may be higher than in introductory games.

**Backpat:**
Have a group split into triads. Have one person touch their toes. Have the other two pat that person’s back briskly. Spend about 30 seconds and switch partners that everyone gets a chance.

**Cat and Mouse:**
Something from your childhood. Have a group form a straight line shoulder to shoulder, alternating the direction they face. Select one person to be the cat and one to be the mouse (the cat chases, the mouse is chased). The cat chases around the line but can cut through by pushing someone out of the line and designating them “cat”. The mouse can do the same. This game of tag should go very fast and works best in large groups.

**Killer**
Have not played this one in a while? Group sits in a circle, where one has been designated “IT” (by draw of designated cards on slips of paper marked “IT” and the rest blank). The object is for the killer to wink at group members, they then “die”, or are out of the game (some get quite creative). One can accuse if they suspect or catch the killer in action, but if they are wrong, they are “dead” too.

**Singing in the Rain:**
Have the group stand in a circle. Tell the group they must repeat all works and actions of the leader. The leader tells the group to sing along to start. The leader sings, “I’m singing in the rain, just singing in the rain” (Clap while singing). The group should be following along. The leader then yells “arms out”, and extends their arms forward. While your arms are out you make a sizzle sound for 24 counts. The counts go to the beat of (1,2,3, quickly) 8 times. You continue by singing the phrase again. Each time you complete a phrase you will add another command. The complete series will be “Arms out, knees bent, chest out, head back, butts back and tongues out”. Each time you add a command you follow with the 24 counts of “sizzle”. This activity will get the group laughing and energized.

**Count to Ten:**
Have the group come together into one group, side by side with each other. When everyone is close in tell then the task is to count to 10 as a group. But, there’s a catch. Each person is only allowed to say one number. If two people speak at the same time you must start over. The same person cannot start the exercise twice in a row. Also no gestures or pointing is allowed.

**Body English:**
Split the group into two groups. Each group must plan and spell out words by using their bodies only (no hand signals or signs). The other group must figure out what they are
spelling. Start with single words and move on to phrases as the groups get better at spelling.

**Touch My Can:**
Place a can between the noses of two group members. The task is to have everyone in the group touching the can simultaneously without touching another group member. Ready go!

**People to People:**
Have everyone form a circle and pair off. The leader will stand in the middle of the group and give the first round of commands. Commands will consist of two body parts, nose-to-toes for example (make a point of no sexism). The pairs will then comment those two body parts. New commands are added to the previous one until the pairs are off balance or over-compromising positions. At this point the command person says “people to people” and the group members scramble for new partners. Do as many rounds as you feel appropriate. Be sure to tell people not to strain themselves, to simply obey the commands as best they can without hurting themselves. You may want to caution the group not to scramble too frantically for new partners for fear of hurting someone.

**Invisible Jump Rope:**
Form a circle. Everyone takes their pretend piece of rope and measures it out by standing on the rope and brings the ends up to their armpits. You can’t expect to do the following exercises if your role is too short! Step off the rope and flip it behind you. One person will them lead the group. Start slow, having everyone jump at the same speed. Then speed it up, do criss-crosses, spins, jumping pairs, etc. Be creative! You can finish by having the group all jump with one rope. Don’t exhaust the group.

**Make a Machine:**
- To get them into groups, tell them to yell out what season they were born in and find everyone else born in that season
- Have them stand in a circle
- Have everyone introduce themselves and tell what they like best about the season
- Have them build a machine with moving parts that use everyone in the group
- Have each group demonstrate their machine and have others try to guess what it is.
Trust Falls:
- Find someone with the same eye color
- Tell each other about the most rewarding thing that happened to you this year through your work with other students
- (Read slowly) Now, stand one arm’s length apart, one behind the other, facing the same direction.
- The back person puts both hands on the front person’s shoulder blades
- The front person now slowly leans backwards while the back person supports them
- Lean as far back as possible
- The back person now pushes the front person slowly forward to a standing position
- Repeat and lean further back
- Switch roles and repeat
- Now, stand in the same position but the front person stands with both hands stretched out to their sides. The back person will put both arms out towards in front person under the arm pits.
- Front person slowly leans back and the back person catches the front person
- Repeat, back stand further apart
- Switch roles and repeat twice

Relays:
- Everyone get into 3 equal sized groups
- Facilitators stand 30+ feet away from groups
- Have groups face you and line up with each other at a “Starting Line”
  1. Pyramid Building: Instruct groups that they have 20 seconds to plan a strategy. They need to build a pyramid at the starting line, run to you and build it again, and return to the starting line and build it one more time.
  2. Leap Frog: Instruct groups to play leap frog until all members leapt past you
  3. Crawling: Divide each team into 2 equal groups and put one at each end of the course facing each other. (If numbers are uneven, have one member go twice.) One person from each line must crawl at the same time towards the center. The two members must “Do-si-do” (Crawl in a small circle around each other and turn to continue to the other side).
  4. Amoebas: Have groups each stand in a circle with members facing outwards. Have group members select one leader who gets in the center of the circle. All other members in the circle link arms at the elbow and close their eyes.
     a. The leader must watch the facilitator as she/he gives directions to the leader with hand signals.
     b. The leader must set the group to follow the facilitator’s directions. (Be extra careful about speed and safety with this one.)

Values Discussions:
- Grab two other people who are wearing the same color as you are
- Sit down in a circle a little away from other groups
- Instruct them that they will be taking about some issue and you will give them new topics every few minutes
  1. Talk about the most important thing you learned this year
  2. What are the easiest and hardest emotions for you to express and why?
  3. What is something that few people know about you?
  4. What do you value in a friend?
  5. What do you want to be doing in 5 years?
  6. What is one of your goals for next years?
  7. What do you want to learn to do better?
  8. What is a motto you try to live by?
  9. What are 5 words a friend would use to describe you?
 10. What is the greatest challenge you are facing?
 11. What do you like most about yourself?
 12. What do you value in a loving relationship?
 13. What do you value most in life?

**Hagoo:**
- Everyone stand up
- Get in two equal lines facing each other
- Facilitator stands at one end of both lines to give instructions
- Each line is a team
- Teach them how to practice the official greeting: “Hagoo”
- Have all members put their hands together palm-to-palm at mid chest level against their bodies
- The proper greeting is to keep constant eye contact with the other person, bow at the head and say “Hagoo” as you have your hands in the correct position. The most important things is to keep a completely emotionless face. You must not laugh.
- Have members practice the greeting with the person across from them.
- Tell them about the contest to see which team has learned the greeting the best.
- One member from each team will walk between the lines at the same time from opposite ends.
- The members of each team must try to make the other team’s member laugh by doing most anything but touching them.
- Have all individual members “walk the gauntlet” until everyone has the chance to practice the greeting.
- Tell them to keep using this greeting whenever they see members of the group.
Spirals:
- Get all members into one large circle.
- Have them hold hands with the person on either side of them.
- Tell them to follow the person in front of them.
- Tell the person to your left to stay in the same spot.
- Break hands with this person and lead the line inside of the circle.
- Walk very close as you circle inside the first circle.
- Circles will get smaller until the group forms a “spiral”.
- Have the group give themselves a big hug.

High-Lows:
Have each member share a high point in their lives and a low point. Can be over a specific time span: day, week, month, etc.

Lifelines:
Each member draws a line on paper to represent the highs, lows, significant events, turning points, etc, of his/her life to date (can also project into future). Members share their lifelines with other members. Members ask questions about each other’s lifelines.

Collages:
Members can work on individual collages or as a group on one project from magazines cut out pictures, words, articles that some how reflect a theme. It would be the goals/purpose of the group, a personal collage, how we want to work together, our accomplishments, etc.

Positive Bombardment (of Feedback):
One member is selected to be the recipient of positive feedback from the rest of the group. Once everyone has had a chance to give that member the “gift” of feedback, another person is chosen and the process is repeated.

Mirror Images:
- Two persons are instructed to stand facing each other
- One person is selected to go first
- The person does hand motions that the other person must mirror with their own hand(s)
- The roles then switch
The People Lift:
- This exercise needs at least 9 people
- One person volunteers to go first
- The volunteer lies down on the floor with a soft pad of foam rubber underneath
  them
- The rest of the group surrounds the person on the floor
- The group on the count of three lifts the person slowly up and over their heads
  being very careful to support all parts of the volunteer’s body
- The person in the middle thinks of light things, i.e. clouds, cotton candy, balloons,
  etc.

The Tinker Toy Competition:
- The group leader brings a box of tinker toys and divides the pieces into 2 equal
  groups
- The people in the group also divide into two equal groups
- Each group of people is given the tinker toys, and given the following
  instructions:
  1. You have five minutes to create the tallest structure you can with the pieces
     given to you
  2. You then have an additional 5 minutes to build the longest structure
  3. The “winner” gets a prize

The Cookie Machine:
- A minimum of 10 people are necessary to do this exercise
- Divide the group into 2 equal groups
- The groups need to get into two straight lines facing each other and choose a
  partner across the way
- The groups face each other with their arms facing up and interlocking with their
  partner’s arms, but not holding onto each other
- A volunteer is selected
- The volunteer lies on top of the outstretched arms with their faces toward the
  ceiling
- The person selects their favorite cookie
- The group proceeds to toss the person gently from the beginning of the line to the
  end
- A new volunteer then takes the first person’s place

The Birthday Gift:
The birthday person is invited to come to the front of the group and conduct their own
version of the song “Happy Birthday”

The Birthday Gift (Continued):
The person can emphasize different parts of the song, having the group sing higher or
lower key, changing tempo or anything else they want to do.
M & M’s
- Everyone loves M&M’s when the group is meeting for the first time, bring a large bag of M&M’s to introduce the group to each other
- Have the group sit in a circle
- Pass the bag around the circle and ask people to help themselves to the M&M’s but not eat them yet
- When the bag has been around the full circle, each person must tell one thing about themselves for every M&M they took

The Egg Toss:
- This is an outdoor activity
- A group of people are asked to have people find a partner and face them
- The whole group is now asked to line up into two straight lines facing each other
- Each pair is given one egg (not hard boiled)
- All the people in the top group are given an egg
- The two lines are asked to stand 5 feet away from each other
- The person with the egg tosses the egg to their partner
- The partner hopefully catches the egg and then moves another 5 feet away from their partner and throws the egg back to their partner
- The distance widens as each toss happens
- The winners are the last team to catch the egg without having it break

The Blind walk:
- Each person in the group chooses a partner
- One person in the pair is given a blindfold to wear
- The person who is not blindfolded is asked to lead their partner around an area that includes stairs, sidewalks, grass, trees and other environmental elements
- The partners switch roles after a specified amount of time, usually 5-10 minutes

Hum That Tune:
- Each person is the group is given a small piece of paper with the name of a nursery rhyme or other song written on it
- Examples: Row, row, row your boat, Rock-a-bye, etc.
- All the people who are given the song must hum that tune and find everyone else in the group singing that same tune
**Sentence Signs:**
- A list of 10-15 sentence stems are given to each person in the group
- They are given a specified amount of time to write down their responses
- The group is then taken through each sentence stem and asked to share their answers with the group
- People are not pressured into answering questions they do not feel comfortable sharing with the group
- Some examples:
  - The definition of a good roommate is…
  - The kind of environment I like when I study is…
  - The best way to describe my family is…
  - My favorite thing to do is…

**Count Coup:**
Count Coup is an ongoing tag that you can initiate the first meeting of the group. You tell the group that one of them is “it” (pick someone right there). The object is to not be “it”. The “it” may tag another person in any way they like, i.e. touch, telephone, sight, mail, a note, through a friend, etc. So long as the new “it” is aware they are now “it”. The game can last for as long as you wish and makes for a lot of laughs and funny stories. The group need not know who “it” is so the surprise factor is increased and on-going. It may be distracting to start the game during the beginning of the meeting, so save it till the end. There are no rules and no limit to the number of times the “it” can change in any given time period.
Team Building

“Human beings possess the unique capability of working together to produce a result that is greater than the sum of the individual talents which enter into the task.” (Joe Paul)

We can increase the possibilities for productive output for a group through the use of teambuilding. Teambuilding is a two step process by which groups or teams first focus on barriers to effective group work and purpose, and then enact changes to remove barriers and improve group effectiveness.

1. Through teambuilding group members are given the chance to examine the way they interact and relate to one another.
2. Members can observe the group process, how they work together as a team and how they work as individuals within the team.
3. Members can observe the way decision are made and implemented.
4. Members can increase the confidence and trust that they have for one another.
5. Teambuilding can help members realize the amounts of power and influence individual members hold and the ways the power can be used.

Team builders can make group members more comfortable with one another, make individuals feel as thought hey are part of the group, help members gain trust for one another, and teach members how to work together as a group.

Groups may have a tendency to suppress open expression of feelings. Team builders create communication and build a cohesive, supportive, trusting group where members feel free to express feelings and ideas. As members develop trust and feeling of belonging to the group they make a commitment to the group and take responsibility in group participation. As group members get involved things begin to happen and the group begins to accomplish and produce “greater than the sum of the individual talents” in the group.
Instructions for Group Exercises

Blind Polygon:

Object: For a group, wearing blindfolds, to form a perfect square and a triangle (with one 90 degree angle) using the given length of rope.

Rules: 1) All participants must have at least one hand on the rope at all times 2) All participants must remain blindfolded until the task is completed.

Procedure: Ask the participants to form a circle and put on their blindfolds. Give them the rope. Ask each person to grab hold, and then, as a group, to form a perfect square. When they believe the task is accomplished, they are to stand in position and remove the blindfolds. Using the same procedure, ask them to form a geometric shape you this possible with the group. Use the same procedure for each shape.

Inner Tube Pass (Squeeze):

Object: To get all members of a group through an inner tube (two at a time) in relay fashion without breaking the circle. Task should be completed as quickly as possible.

Rules: 1) Group members must not break their circle. 2) If the circle is broken, the group starts over.

Procedure: Divide participants into two equal groups (may require on of the facilitators joining in). Have the two groups make two circles by joining hands—one circle inside the other and the other circle facing the other. Participants will pass through the tube with the person facing them. Both must pass through the tube at the same time without breaking the circles. Break the two pairs of hands and rejoin through the tube. At a designated signal, the exercise begins. If this task is completed with time to spare, have the two circles turn face to back or back to back and try again.

Bump:

Object: In sub-groups of three, to throw, catch and then transport a knotted towel to an empty container and then deposit the towel in the container. Play resumes until everyone on the relay has been a thrower.
Hand Across:

Objective: To untangle the mass of humanity into a straight line without any twists and without releasing hands.

Rules: 1) The team must first form a circle
2) At random, each person shakes right hands with somebody else in the circle.
3) Now shake left hands with someone else in the group—preferably not right beside them.
4) The facilitator will separate one handshake and the team must untangle itself without letting go of one another.

Blackboard Sentences:

Object: This exercise asks the participants, working in teams, to race against one another to formulate a sentence to which each team member has added a word. This icebreaker is effective at any time during a learning program.

Rules: Time Reference: Approximately 7 to 10 Minutes
Group Size: Best suited for a group of 25 or fewer participants. If the group contains more than 25 participants, three teams may be formed.
Space Required: A room that is large enough to permit the unrestricted movement of the learners.
Materials Needed: For each team, a blackboard and a piece of chalk of a sheet of newsprint (taped to the wall) and a marker.

Procedure:

1. The trainer begins by explaining that, working in teams, the participants will be competing to see which team is the first to complete a group sentence.
2. Next, the participants are asked to divide into two teams. If the group contains an uneven number, one of the participants may compete twice.
3. The group leader sets up blackboards for each team or tapes two pieces of newsprint to the wall.
4. The teams are then to line up 10 feet from their blackboards or sheets of newsprint.
5. After giving the first person in each team’s line a piece of chalk or a marker, the trainer explains the rules of the game:
   a. each of the team members is responsible for adding one word to his/her team’s sentence. (If the teams are uneven, one participant will be competing twice.)
   b. The first person in each line is to come forward and write the first word of his/her team’s sentence. After doing so, he/she returns to his/her team, gives the chalk or marker to the next
player, and then goes to the end of the team’s line. (No pre-
planning) of sentences is allowed.
c. The next player then comes forward, adds a word, returns to
the line, and so on until the last team member completes the
sentence. (The sentence must contain the same number of
words as there are members on the team.)
d. A player may not add a word between words that have already
been written.
e. The final result must be a full sentence—not a fragment.
f. The winner is the team that is the first to build a full sentence
using words contributed by all of its members.

6. After explaining the rules, the trainer gives a signal, and the race
begins.
7. The exercise continues until both teams have finished their sentences.
The trainer then reads the sentences out loud.
8. The group leader may wish to process the activity with a discussion on
the most serious aspects of the exercise, i.e. the value of anticipatory
thinking, the individual cooperating in a group task, etc.

“39” Steps”:

Rules:

1. Grab a partner you do not know. Introduce yourself. Find out the
school and position of the other person.
2. On my signal, yell out as loud as you can a number between 1
and 20.
3. Go.
4. Now, add the two numbers together.
5. Turn back-to-back
6. Jump up and down the number of your total figure
   a. Count out loud as you go
   b. Begin

Stand-Ups (2’s, 4’s, 8’s)

Object: For people to lean against each other and help each other up

Rules:

- Now sit down back-to-back
- Link arms at the elbow
- Stand up
- Grab another pair
- Introduce everyone and where they are from
- Sit down in a circle and face outwards so all your backs are in the center.
- Link arms at the elbow
- You need to stand up as a group. Read, go
- Now grab another group as you have 8 people
- Sit down, link arms and stand up
Spell “Leader”:
- Oh, no! There are invisible aliens over head. They will attach us unless they know we are from LEADER
- Quickly, each group spell out the letters LEADER with your bodies on the grass
- Hurry!
  (Give all groups a chance to “show off” how they worked out this task.)

Laps/Backrubs:
- everyone get into one large circle all facing counter clockwise
- Get real close together
- Move in towards the center until the circle is tight and symmetrical
- Put your hands on the hips of the person in front of you
- Be sure to introduce yourself to the person in front and behind you
- On the count of 3, sit down on the lap behind you
- We will stay seated for only 2 seconds
- Ready? 1,2,3
- Have group practice setting a couple more times. Each time lengthen the time a bit
- Once they have it down, tell them they are going to learn to walk
- Have them sit on your command, move one foot at a time
- Use commands “left” and “right” in a very slow rhythm
- If the group collapses too soon, have them repeat the process until successful
- Now have the m stand up, get back in the circle and give shoulder massages to the person in front of them
- Have them turn around and give a massage to that person
Programming Ideas you Might Try

Aerobics
Eating Disorders
Study Breaks
Dinner with Faculty
Sexual Assault Awareness
Escort dinners
Pen pal exchange
Dollar night at the movies
Theatre party
Intramural activities
Cartoon breakfasts
Relationships
Egg roll party
Hackie sack demonstration
Attending athletic events
Values clarification
First aid class
Fit stop program
Intra floor tournaments
Tutoring sessions
Math module study groups
Holiday decorating
Song-a-long
Career information
Interviewing skills
Resume writing
Summer job fair
Computer class
Art show
Stress management
Relaxation workshop
How to build aloft
Fire and life safety
Alcohol information
Ski clinic
Stereo maintenance
Bicycle trips
How to make mocktails
Roller skating party
Bowling tounrey
Time management
Films
Recycling
Whirlball
Miniature golfing

Baby picture-guess who
Sex bowl Color analysis
Secret pumpkins
Floor slide show
Floor retreat Eating for the health of it
Horseback riding
Roommate relationships
Study abroad/semester at sea
Haircutting demonstrations
The Peace Corps
Bog brothers/big sisters
Adopt a grandparent
Community clean up
Political discussions
How to change majors
Floor campout
White elephant gift exchange
Tuck-ins
Ice cream social
Slumber party
Message demonstration
Floor fishing trip
Wilderness survival
Birthday parties
Polaroid party
Marshmallow party
Sponsor a run
Floor talent show
CPR course
Self-defense
Pre-registration for classes
Income tax
Cult awareness
Test files
Class directory
Floor mural
Wiffle ball tourney
Floor exchange
Wellness discussion
Student Assistant exchange
Team builders/energizers
Break dancing clinic
Country swing workshop
Airband contest
Beach party
Wake-up breakfast
Homecoming activities
Guest speakers
Treasure hunt
Oriental cooking
Photography contest
Package from home parties
Floor fundraising
Birth control workshop
Trivial Pursuit contest
Family weekend programs
Weight lifting demonstration
Last Lecture Series
Musical talent
Volunteering in the community
Physical fitness program
Environmental awareness
Faculty/student discussions
Activities fair
World development problems
Emergency first aid
Native American
Bartending
Yoga-biofeedback
Woman Awareness
Self-defense
Human sexuality
Retreats
Study habits
Death & Dying
Leisure activities
Outdoor recreation
Gym demonstration
Arts & Crafts fair
Bread making
Paint party
Musical festival
Poetry workshop
Fashion show
Vegas night
Thanksgiving dinner
Anything goes competition
Miss a meal charity

Plants for the aged
Astrology
Handwriting analysis
Palmistry
Women (loneliness, career, dual-career-marriage)
Cold cruel world - income tax, buying a home, applying for loans
Flea market
Backpacking trip
Insurance how’s and why’s
Bible studies
Comparative religion discussion
Arts and crafts display
Jam sessions
Plant workshop
Energy conservation
Stereo and Radio care
Renting apartments
Finding a grad school
Subliminal advertising
Anti-racism
Alcoholism
Dreams & fantasy
Rape prevention
Sex and Dating Game
Nutrition
Speed reading
Resume preparation and job search
Peer assistance
Canoeing
“Old” dances - jitterbug
Leather craft
Bike repair
Christmas crafts
Art shows
Mini-Concerts
Coffee house
Talent show
Semi-formal dinner/dance
Halloween costume contest
Book exchange
Christmas party for under-privileged
Crisis intervention
<table>
<thead>
<tr>
<th>Activity</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Athletic</td>
<td>Fishing Club</td>
</tr>
<tr>
<td>Air Hockey Tournament</td>
<td>Floor or Wing Tournament</td>
</tr>
<tr>
<td>Archery Contest</td>
<td>Fly Catching Contest</td>
</tr>
<tr>
<td>Arm Wrestling Tournament</td>
<td>Flying Club</td>
</tr>
<tr>
<td>Athletic Forum Hours</td>
<td>Football Clinic</td>
</tr>
<tr>
<td>Baseball Tournament</td>
<td>Foosball</td>
</tr>
<tr>
<td>Badminton Tournament</td>
<td>Football Highlight Films</td>
</tr>
<tr>
<td>Basketball Card Club</td>
<td>Football Forum for Women</td>
</tr>
<tr>
<td>Basketball Dribbling Marathon</td>
<td>Football Tournament</td>
</tr>
<tr>
<td>Basketball Tournament</td>
<td>Frisbee Contest</td>
</tr>
<tr>
<td>Bicycling</td>
<td>Frog Catch</td>
</tr>
<tr>
<td>Bicycle Marathon</td>
<td>Frog Jumping Contest</td>
</tr>
<tr>
<td>Bicycling</td>
<td>Golf Driving Race</td>
</tr>
<tr>
<td>Bike Riders Club</td>
<td>Golf Tournament</td>
</tr>
<tr>
<td>Cage Ball</td>
<td>Grand Prix Go Cart race</td>
</tr>
<tr>
<td>Canoe Race</td>
<td>Greek-Residence Hall Games</td>
</tr>
<tr>
<td>Canoe Trip</td>
<td>Gun Clubs</td>
</tr>
<tr>
<td>Card Party</td>
<td>Gymnastics Club</td>
</tr>
<tr>
<td>Car Rally</td>
<td>Hall Invitational Tournaments</td>
</tr>
<tr>
<td>Chartered Bus Trips</td>
<td>Handball Tournament</td>
</tr>
<tr>
<td>Checkers Tournament</td>
<td>Hide ‘N Seek</td>
</tr>
<tr>
<td>Chess Lessons</td>
<td>Hopscotch</td>
</tr>
<tr>
<td>Chess Tournament</td>
<td>Horseback Riding Club</td>
</tr>
<tr>
<td>Cliff Repelling Club</td>
<td>Horseshoes</td>
</tr>
<tr>
<td>Coed Activities</td>
<td>Hula Hoop Contest</td>
</tr>
<tr>
<td>Coed Softball</td>
<td>Human Kite</td>
</tr>
<tr>
<td>Tournament</td>
<td>Flying</td>
</tr>
<tr>
<td>Cook Out</td>
<td>Hunting Club</td>
</tr>
<tr>
<td>Co-Recreation Night</td>
<td>Ice Hockey</td>
</tr>
<tr>
<td>Corvette Club</td>
<td>Ice Skating</td>
</tr>
<tr>
<td>Croquet</td>
<td>Interhall Tournaments</td>
</tr>
<tr>
<td>Cross Country Marathon</td>
<td>Isometric Classes</td>
</tr>
<tr>
<td>Curling Tournament</td>
<td>Jacks Contest</td>
</tr>
<tr>
<td>Dance Lessons</td>
<td>Jogging Club</td>
</tr>
<tr>
<td>Darts Contest</td>
<td>Judo Club</td>
</tr>
<tr>
<td>Dawn Bike Ride</td>
<td>Jump Rope Contest</td>
</tr>
<tr>
<td>Dominoes Marathon</td>
<td>Karate Club</td>
</tr>
<tr>
<td>Donkey Basketball Game</td>
<td>Karate Demonstration</td>
</tr>
<tr>
<td>Donkey Softball</td>
<td>Kickball</td>
</tr>
<tr>
<td>Egg Pitching Contest</td>
<td>Kite Flying</td>
</tr>
<tr>
<td>Egg Toss</td>
<td>Little League Sponsor</td>
</tr>
<tr>
<td>Exercise Club</td>
<td>Laundry Cart Relays</td>
</tr>
<tr>
<td>Faculty-Student Athletics</td>
<td>Log Rolling</td>
</tr>
<tr>
<td>Fencing</td>
<td>Lumberjack Day</td>
</tr>
<tr>
<td>Finger Ball Tournament</td>
<td></td>
</tr>
</tbody>
</table>
Black Film Series  Farm Visit
Black Jazz Festival  Fashion Show
Black Poetry  Filed Trips
Black Spiritual  Film Festival
Book Collection Club  Floor Activities
Boy Scout Troop  Folk Dancing
Bridal Show  Folk Music
Bridal Fair  Food for the Poor
Campus Beautification  Foreign Film Festival
Can Collection  Foreign Language Floors
Can and Dime Dance  Forum Hour
Candle Making  4-H Club
Canned Food Drive  Fruit Baskets
Carnival  Fund Drive for Charity
Cartoon festival  Glass Blowing
Ceramics  Glass Sculpture
Choral Groups  Glee Club
City Council Speakers  Graffiti Door
Coin Collecting  Group Theatre Parties
Collage Interest Group  Gun Collecting
College Bowls  Hall Beautification
Comic Book Collection  Hall Banquets
Communications Workshop  Hall Improvements
Community Service  Hall Newspaper
Concerts  Hall Radio Program
Contrast Art  Handwriting Analysis
Counseling Workshop  Hard Rock Festival
Cooking Group  Historical Trips
Crocheting  Horse Shoeing
Cultural Art Festival  Hot Seat/Firing Line Discussion
Cultural Lectures  Human Relations workshop
Cultural Week  Human Sexuality Panel
Day in the Country  Hypnosis Lecture
Dear John Letters  Indian Bead Collecting
Death Recognition Series  Industrial Art Club
Decoupage Demonstration  Informal Rap Session
Disney World  International Day
Deaf Awareness  Inter-Racial relations
Drug Education  Insurance
Eater Egg Hunt  Italian Night
Ecology Day  Jazz Concert
Ecology Week  Jazz Festival
ESP Club  Jewelry Display
Ethnic Committee  Jewelry Making
Faculty Hobby Show  Job Market
Finance Seminar  Job Hunting Techniques
Junior College Transfers
Language Group
Leadership Training
Leather Crafts
Lectures
Library Drive
Literary Club
Local Speakers
Lounge Literature
Macramé Demo
Make-Up Demonstration
Marathon Weekend
Marriage Discussion
Mechnics Club
Mental Health Awareness
Mental Illness Clinic
Men’s Fashion Show
Metal Sculpture
Military Weapons Display
Mock Conventions
Modeling School
Museum Trips
Music Appreciation
Music Club
Music Listening Room
National Charity Project
Mature Study Group
Needlepoint Club
Nostalgia Night
Nutrition Club
Opera Production
Organ Lessons
Organic Food Display
Outside Hall Improvements
Painting Group
Palm Reading
Parents Day
Paper Drive
Peace Corps
Pet Show
Philosophical Debate
Photo Lab
Piano Lessons
Plays
Poetry
Political Awareness
Pottery Demo
Prayer Meeting
Pre-Professional group
Quiz Night
Record Club
Religious Discussion
Residence Hall Calendar
Residence Hall Scrapbook
Resume Writing
Roaring Twenties party
Rock Collecting Club
Science Fiction Club
Scrap Books
Senior Citizen Contacts
Sensitivity Training
Sewing Class
Silk Screening
Skits
Slide Show
Snake Expo
Snow Art
Snowman Carving
Song Books
Soul Food Cookbook
Soul Food Dinner
Speakers
Special Interest Groups
Speed Reading Spirituals
Spring Sing
Stage Show
Stamp Collectors
Star Trek Club
State Fair Trip
Stereo Club
Student Legal Rights Group
Suicide Prevention
Survival Guides
Swap Shop
Tap Dance Lessons
Tape and Record Exchange
Taxidermy Club
Theme Dinners
Travel Bureau
Train Trips
Tree Interest Group
Trivia Contest
Trust Circle
University Orchestra Night
University Problem Session
Vehicle Safety Check
Vietnam Veterans Day
Visiting Day
Voter Information

War Discussion
Weaving Demo
Western Night
Witchcraft
Women’s Issues
Wood Carving Group
Woodstock Week

Social

Adopt a Grandparent
Alcoholics Anonymous
All-Hall Activity Day
All Night Movies and Cartoons
All Time Top 50’s
Animal Show
Apple Bobbing
Auto Club
Baby-Sitting Service Club
Back Rub’s Sale
Back to Your Childhood Weekend
Backwards Day
Barbeque
Barbwire Collecting Club
Barn Tearing Down
Bazaar
Beach Trip
Beard Growing Contest
Be Kind to Roomie Day
Be Nice Day
Big Sister Program
Bike-Hike Picnic
Bingo Night
Bird Feeding
Birthday Cake Service
Birthday Parties
Birthday Party on Hall’s B-Day
Black Jack Party
Black Magic Night
Blind Date Drawing
Block Seating for Football Game
Board Game Night
Body Painting
Booster Club
Bonfire Party
Bottle Drive
Breakfast Party

Bridge Club
Brother-Sister Weekend
Bubble Gum Contest
Bulletin Board Contest
Cabin Part at Parks
Cafeteria Exchange Groups
Cake Walk
Can and Dime Dance
Candy Sale
Carmel Apple Sales
Car Destruction
Carnival
Car Painting Contest
Car Parade Car Wash
Car Wax
Carnival
Casa Nova Contest
Casino Night
Cave exploration Club
Chess Club
Chess Lessons
Chinese Auction
Charity Projects
Children’s Home Visits
Christmas Caroling
Christmas Dinner
Christmas Gift Exchange
Christmas in July
Christmas Party-Underprivileged
Cinema Productions
Citizen’s Night
Clothes Exchange
Coffee Bar
Coed Pajama Parties
Coffee House
Coin and Money Collecting
Come As You Are Party
Community Action Programs
Cooking Room
Cook Out
Cooking Contest
Costume Dance
Crossword Puzzle Contest
Dad’s Weekend
Dances
Dancing Lessons
Dating Game
Dating Party
A Day in the Country
A Day with the Staff
“Do Your Thing” Night
Driftwood Collecting
Dr. Pepper Drinking Contest
Donut and Coffee Party
Easter Egg Hunt-Underprivileged
Egg Eating Contest
Egg Pitching Contest
Exchange Nights
Exchanges
Exchanges Between 2 Colleges
Faculty-Floor Involvement
Faculty Orientation
Faculty-Spouse Dinner
Faculty Visitation
Fan Club
Farmer’s Ball
Father-Daughter Games
Father’s Breakfast
Field Trips
50’s Dance
Nifty-Fifty Party
Flea Market
Float Building
Float Trip or Canoe trip
Floor Banquet-High Achievement
Floor Lounge Decoration
Floor Meetings
Floor Naming Party
Floor Scrubbing
Floor Slumber Party
Fly Catching Contest
Folk Dance Party
Folk Sing-In
Fondue Party
Food Co-Op
Football/Basketball Bus
Foster Child Plan
Freshman Welcome Wagon
Fundraising
Garbage Can Painting
Godfather Dinner
Graffiti Wall
Greased Pig Contest Greek Hall Party
Group Talk Session
Hall Pool Table and Pinball
Hall Service Recognition
Hall Stationary
Hall T-Shirts
Hall week
Hamburger Eating Contest
Ham radio Operators Club
Hay Ride
Heart-O-Gram
High School Visitation
Hoe Down
Holiday Parties
Home for the Aged Visit
Homemade Ice Cream Party
Honors Banquet
Honor the Maid Day
Hootenanny Ice Cream Parties
Ice Sculpture Contest
Ice Skating Party
Informal Coffee
International Student Picnic
Iron Your Shirt-Paint Your Room
Jam Sessions
Jazz Concert
Jazz Festival
Jell-O Painting Party
Joke Sheet
Kazoo Band
Kite Flying Party
Knitting Interest Group
Kool Interest Group
Kool Aid In
Lake Clean Up
Large Group Get Together
Letters to Servicemen/women
License Plate Collecting
Little Brother-Sister Weekend
Little Vegas Night
Loan System Lonely Hears Club
Longest Hair Contest
Love-A-Gram
Lovebug Catching
Luau
Magic
Marathon weekend
Marshmallow Roast
Mass Letter Writing to War Zones
Message Marathon
Masquerade Party
Meal-A-Month Project
Meditation Marathon
Military Uniform Collecting
Model Airplane Club
Mom’s Weekend
Most Creative Door Contest
Most Creative Room Contest
Mountain Climbing trip
Mum Sale for Parent’s Weekend
Musical Chairs
Musical Hats
Mustache Contest
Naval Party
Night Gallery Party
Night with Counselors
Nostalgia Night
Numbers Game
Office Hours in the Hall
Old Home Day
Oldies but Goodies Night
Old Peoples Homes Visits
Open House for Townspeople
Orienteering
Paint Party
Pajama Party
Pancake eating Contest
Paper Airplane Contest
Parachuting Club
Parent’s Day Variety Show
Parent’s Weekend
Pattern Exchange
Penny Night
Pen Pal Club
Pet Display
Pet Shop
Pet show
Picnics
Pie eating Contest
Pinochle Club
Pizza Party
Political Science Club
Poolside Dance
Popcorn Party
1890 Popcorn Store
Potato Sack Contest
Potluck Dinner
Prayer Breakfast
Presidential Dinner
Program Party
Puppeteers
Quiz Bowl
Rat Racing
Record Trading Club
Record Party
Recycling Can Contest
Refrigerator Sales/Rentals
Religious Sing-A-Long
Residence Hall Cookbook
Residence Hall Fireworks Night
Residence Hall of the Year
Residence Hall of Fame
Residence Hall Rodeo
Residence Hall Week
Risk Tournament
Riverboat Ride
Roaring Twenties Party
Rock Festival
Roommate Game
Rummage Sales
Sadie Hawkins Dance
Scrap Rug Party
Seed Spitting Contest
Senior Citizen Day
Senior Sneak
Senior Weekend
Service Project
Sewing Machines
Shaving Cream Fight
<table>
<thead>
<tr>
<th>Activity</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shopping Excursions</td>
<td>Toad Jumping Contest</td>
</tr>
<tr>
<td>Sign Making Committee</td>
<td>Town Tours for New Students</td>
</tr>
<tr>
<td>Skin Contest</td>
<td>Travel Club Travel Fair</td>
</tr>
<tr>
<td>Sit Committee</td>
<td>Train Trips</td>
</tr>
<tr>
<td>Solo Club</td>
<td>Treasure Hunts</td>
</tr>
<tr>
<td>Soul Food Dinner</td>
<td>Trick or Treat (in the Hall)</td>
</tr>
<tr>
<td>Special Meals Away From Campus</td>
<td>Tropical Fish Club</td>
</tr>
<tr>
<td>Sponsor Orphans</td>
<td>Trust Circle</td>
</tr>
<tr>
<td>Sports Banquet</td>
<td>Truth or Consequences</td>
</tr>
<tr>
<td>Sports Groups</td>
<td>T-Shirt Painting</td>
</tr>
<tr>
<td>A Spring Fling Weekend</td>
<td>Turn About Days</td>
</tr>
<tr>
<td>Spring Formal</td>
<td>Tutoring Community Children</td>
</tr>
<tr>
<td>Spring Sing</td>
<td>Twisting Night</td>
</tr>
<tr>
<td>Staff-Student Breakfast</td>
<td>Typing Committee</td>
</tr>
<tr>
<td>Staff-Students Switch Off</td>
<td>UNICEF Drive</td>
</tr>
<tr>
<td>Stamp Collectors Club</td>
<td>University Exchanges</td>
</tr>
<tr>
<td>State Fair Trip</td>
<td>Vacation Trips</td>
</tr>
<tr>
<td>Stereo Club</td>
<td>Valentine Making Contest</td>
</tr>
<tr>
<td>SA/PA Biography Information</td>
<td>Valentine Dance</td>
</tr>
<tr>
<td>SA/PA Co-educational Exchange</td>
<td>Valentine Party</td>
</tr>
<tr>
<td>SA/PA For a day</td>
<td>Variety Show</td>
</tr>
<tr>
<td>SA/PA Exchange Program</td>
<td>Video TV Tapes</td>
</tr>
<tr>
<td>Stuffed Animal Party</td>
<td>VIP Breakfast in Bed</td>
</tr>
<tr>
<td>Summer Fling in Winter</td>
<td>Visiting Day</td>
</tr>
<tr>
<td>Switch Role Day</td>
<td>Watermelon Feed</td>
</tr>
<tr>
<td>Taffy Pulling Party</td>
<td>Wedding Showers</td>
</tr>
<tr>
<td>Talent Shows</td>
<td>Welcome Week Activities</td>
</tr>
<tr>
<td>Telephone Booth Stuffing</td>
<td>Western Night</td>
</tr>
<tr>
<td>Telephone Time</td>
<td>Wet Suit Club</td>
</tr>
<tr>
<td>Television Watching</td>
<td>Window Painting Contest</td>
</tr>
<tr>
<td>TGIF Parties</td>
<td>Window Decoration Contests</td>
</tr>
<tr>
<td>Theme Dinners</td>
<td>Winter Olympics</td>
</tr>
<tr>
<td>This is Your Life</td>
<td>Workshop Areas</td>
</tr>
<tr>
<td>Tie-Dye Contest</td>
<td>Yard Party</td>
</tr>
</tbody>
</table>