



This is a collection of fast moving, high-impact, interactive team exercises that explores various facets of effective team behaviour whilst having lots of fun.

Each exercise has different learning outcomes and can last anything from 10 minutes to 3 hours. No two 'Team Dynamix' exercises are the same, each one being tailored to meet specific client objectives of the day. Below are just a few of the many team activities and games ideas available. There are many more!



Poles Apart

An exercise in team co-ordination, identification of best practice and leadership – simple, frustrating and very funny – no one has yet beaten the World Record of 19 seconds set by the British Lions. This defies belief but is a very powerful exercise.

A Load of Balls

This is an activity straight from the world of sports psychology – designed to help individuals and teams overcome the negative power of self-limiting belief.

The activity empowers individuals by demonstrating that what at first seems impossible, can very quickly become achievable. It also shows the power of interdependence and how you do not have to be an expert to coach fellow colleagues and help them achieve the task.





Card Sharp

Another seemingly easy task which in fact is fairly complex. Great fun – it encourages teams to really question all aspects of their own individual and team performance, promotes lateral thinking to find solutions, and champions the concept of planning and listening to all ideas – no matter how off the wall they may appear at the time.

Links

This is a team strategy game. The task is to make different shapes of one specific colour using a set number of tiles. There are multiple solutions and the key is planning, co-ordination and lateral thinking. Once again consensus and resource planning are tested here. It's also great fun and really annoying!

Mellow Spaghetti

In this activity teams have just 20 minutes to build a single construction, either a tower or a bridge, using unusual materials, in this case spaghetti and marshmallows.



Each team must combine resources, discuss and devise a strategy taking into consideration the various elements that will contribute to your overall score.

This activity is about finding out the collective skills of the team, managing resource and time, communicating effectively and planning. It is also very entertaining!

