

Trust building activities

Mine Field

Time required: 20-30 minutes

The main idea behind this activity is for team members to trust one another, and communicate more effectively. This activity does take time to set up beforehand, and requires a large, open space e.g. empty room or parking lot. The group will separate into pairs, one being the instructor and the other the follower. It is the job of the team leader to place 'mines' around the room. These mines are placed in random positions around the room, creating a 'minefield' for the follower. The instructor's job is to guide the follower around the room, avoiding the 'mines'. One team member will be blindfolded and cannot talk and the other can see and talk, but cannot enter the field or touch their blindfolded teammate. This activity works on building team member's relationships with one another and trust within their work environment. To make the activity competitive or more fun, the team leader can give penalties each time a 'mine' is hit or when a prohibited word is used by the instructor, e.g. banning the words left, right or straight ahead will force the pairs to listen and communicate more effectively.

Back-to-back

Time required: 10 minutes

This activity builds communication skills between team members, which in turn improves unity and trust within the team environment. For this activity, team members will need drawing paper and a pencil. In pairs, the team members must sit on the floor, back-to-back, one with a blank sheet of paper, the other with a piece of paper displaying a shape/picture. The team member with the picture must describe the picture to their partner, while the partner draws a picture based on the instructions of the other. While this activity primarily focuses on communication skills, it can be an eye-opening exercise and identify problems in communication that may make unity and trust difficult between team members.

The Human Knot

Time required: 15 minutes

This is an activity that the whole group can participate in. This activity requires no materials or tools, only your team. To begin, the team leader will instruct group members to stand in a large circle. All team members must lock right hands with someone in the circle, other than the person standing next to them. The group must lock left hands with another team member, different to who they locked right hands with. The aim of this activity is for the group members to untangle themselves to the best of their ability, using communication and trust in one another. To make it more challenging for the group, the team leader can give specific instructions to their group e.g. lock hands with the person directly opposite them in the circle, every third person in the group is to be facing outwards of the circle.