

# Team Building Activities for Families and Couples



Team-building activities utilize our love of healthy competition and creative problem solving, but also add the benefit of bringing the members of a family closer as they work together. Here are some activities that will get people collaborating and having fun at the same time!

## FOR FAMILIES WITH YOUNG CHILDREN (3-10 years old)

### Ultimate Kid-Friendly Restaurant

Set up a restaurant in your home and make teams for menu creation, wait staff, and cooking crew. Parents can supervise, and at the end, everyone pitches in to clean up.

### Our House Scavenger Hunt

Use family phones for picture taking and have a list of crazy things that need to be photographed in a certain amount of time. Ideas can be “Dad’s oldest T-shirt” or “Mom’s favorite purse.” Give each team a staggered list (so everyone isn’t trying to get the same picture at once) and let the crazy chaos ensue!

### Driveway Olympics

Make obstacles and competitions that are team-oriented like piggy-back races, egg toss, cup stacking, three-legged race, water bottle bowling, or throwing (whatever) back and forth the most times without it dropping. Medals can be a favorite candy treat on a ribbon.



### Marshmallow Masterpiece

Teams create structures with mini-marshmallows and toothpicks, and then brainstorm fun ways to test the stability of the opposing team’s structure. Will it stand under the weight of a wet washcloth or Dad’s favorite sweatshirt?

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## FOR FAMILIES WITH TEENS / PRETEENS (11-17 years old)

### Family Trivia Night

Divide family members into teams of two and ask questions about their partner such as:

What would your partner say is his favorite color? What would your partner say is the messiest part of her room? Partners must answer the same questions in another room. Bring them together and see how well they know family members. The lowest score has to set the table or do the dishes!



### The Thankfulness Challenge

Each family member has a partner and everyone has one minute to run around and find a "gift" for the other family member and put it in a gift bag.

When the timer goes off, family members return with their item and the receiver of the gift has to take it out, show the family and say thank you and something complimentary to the giver or about the gift. It's fun watching siblings thank each other for dirty socks or a wet towel!

### Team Word Builder

Using a stack of index cards, break the family into teams, and give each member the same number of cards (minimum of five). Each person writes a letter of the alphabet on the cards (one per card), and then teams have a certain amount of time to make words.

Use different color markers for each family member, and you can return the cards, mix up the teams, and do it multiple times.

### Drawing Challenge

Assign group members a partner and have them sit back-to-back. One person will receive a blank piece of paper and a pen. The other will receive a piece of paper with a shape or simple drawing. The goal is for the person with blank paper to recreate the drawing using only verbal instructions from their partner.

## FOR FAMILIES WITH GROWN CHILDREN (18+ years old)

### Human Props

Teams decide on an environment, and one person starts doing an activity that somehow defines the environment (movie theater, office, school, etc.). The remaining team members become other props that would be in that environment. The first player then pretends to "use" the props built by other members and when done, has to name what they think the other props are.

### Rope Challenge

Make a large circle out of rope for each team and put it on the floor. The entire team must stand at the edges of the circle so the rope is taut around their ankles, while holding their hands in the air. Team members must take turns moving to work the rope up from ankles to wrists, keeping hands in the air at all times.

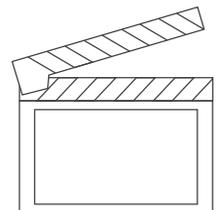
### Stick-y Fun

Create lengths of lightweight dowel rods or PVC pipe and divide into teams. Team members stand facing each other, pointing their index fingers out to support the "stick," which is placed on the teams' fingers.

Teams have to complete challenges such as carrying it across the room, lowering it to the ground, etc., while the stick stays resting on the index fingers and without any of the fingers losing contact.

### Who, Where, What

Brainstorm a list of people everyone in your family knows, places you all have been, movies you all have enjoyed, or things you have done together. Break into teams and play charades using your brainstormed list.



## CALLING ALL COUPLES

Whether you're a new pair or have been married for decades, couples who work well together stay together. Invite a group of married/dating friends or gather the couples in your family together to see what your relationships are made of (and share some laughs along the way)!

### Ties that Bind

Tie a long length of rope with two knots (or more) and have couples hold on to the rope with their dominant hand (they must keep this hand on the rope the entire time). Couples use the free hand to attempt to untie the knots.

### Listen Up

Make an obstacle course in your home or yard, and couples take turns guiding their blindfolded partner through the course. The trick is that the person without the blindfold has to guide the blindfolded partner using verbal cues only.

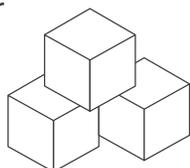
### Top Chef

Couples answer predetermined trivia questions about their spouse, and those answered correctly earn the ingredients for an easy appetizer, which they then prepare together. Once finished, all the appetizers can be shared with the group.

### Building Blocks of Marriage

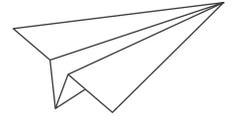
Create an object out of interlocking blocks, craft sticks, or play dough that is hidden away from the teams under a towel or bag.

Couples have the necessary materials needed to recreate the object, and one member from each team gets to examine the object for five seconds and then run back to their spouse to instruct them how to recreate the object. After 30 seconds, the other spouse gets a five-second peek, repeating the process until the object is duplicated.



### One-Handed Challenge

Tie the left hand of one spouse and the right hand of the other and give each couple tasks to do with the remaining hand, such as tying a shoe, putting a diaper on a doll, folding a towel, or making a paper airplane.



### Memory Charades

Have couples independently think of a list of favorite memories as a couple (use categories such as inside jokes, memorable arguments, favorite dates, annoying habits, great vacations, etc.) and don't share lists.

Each spouse or significant other uses charades to act out the memory to their spouse to see if they can guess it. What fun to see both sides of the same memory!

### Paper Tower

The traditional gift for the first anniversary is something made of paper. Challenge couples to build a tower using only 20 pieces of paper. Up the challenge by placing coins on top and seeing which tower will hold the most weight.

### Heart Strings

Cut a long string into varying lengths, enough for all teams to have several pieces. Hide the pieces around the building, and give couples 10 minutes to work as a team to find the pieces of string and tie them together to form the longest piece.

### Finish My Sentence

Couples improvise a scene (or recreate one from a favorite book or movie) with the twist that each person tries to say the other character's lines, basically mimicking their spouse's words and talking at the same time, trying to guess what they will say next.

Couples must speak slowly, attempting to say exactly what the other person is saying—and let the laughter follow!