

Inspiration Examples

1. Name Game

- a. Put everyone's name on a sheet of paper and have everyone go around and think of a nice word or phrase that starts with the first letter of that person's name.
- b. Inside Activity
- c. 10-15 Participants
- d. 5-10 Minutes

2. Quote

- a. Find a meaningful quote or saying and explain its significance.
- b. Inside/Outside Activity
- c. 1 Speaker
- d. 5-10 Minutes

3. Kahoot

- a. Gather facts about everyone on the team and have everyone play a Kahoot where they have to match the fact with the team member.
- b. Inside Activity
- c. 15-30 Participants
- d. 15-30 Minutes

4. Word Scrambler

- a. Put a scrambled inspirational word on the board and have the team work together to rearrange the word. After they have figured out the word, explain why you chose that word.
- b. Inside Activity
- c. 10-15 Participants
- d. 5-10 Minutes

5. Compliment Circle

- a. Have everyone sit in the circle and compliment the person sitting to their right, then the person on their left.
- b. Inside/Outside Activity
- c. 11-15 Participants
- d. 5-15 Minutes

6. Two Truths and a Lie

- a. Everyone participating states two truths about themselves and then a lie. The rest of the team has to try and guess which statement is a lie. This helps create a cohesive bond for the whole team.
- b. Inside/Outside Activity
- c. 2+ Participants

d. 5- 45 minutes

7. The Line Activity

- a. Put the whole team in a line. Then you will read a statement you have created, and if someone in the team has done what you stated, they step forward and can tell the story. This brings lightheartedness to the team and helps practice effective listening. Also, you can have one person reading the statements, or you can switch who says it each time.
- b. Inside/Outside
- c. 4+ Participants
- d. 5- 30 minutes

8. First Judgment

- a. Everyone takes a piece of paper and writes down their honest first judgments of everyone on the team. Then, you take each piece of paper and cut it up and/or shred it. Then write down your compliments of your team and your current impression. This helps teach that your own first judgment of someone is not always right and it is better to get to know someone first.
- b. Inside Activity
- c. 4+ Participants
- d. 5- 15 minutes

9. Blind Back Drawing

- a. Split up your group into pairs. One will face a picture (such as the sun, or a house) on a board, the other will face away. The person facing the picture has to vividly describe how to draw the image without saying what it is. The first pair to stand up with the correct image wins. These practices trust in team members and good communication techniques.
- b. Inside Activity
- c. 4+ Participants
- d. 25 minutes

10. One Sentence at a Time

- a. The whole team should stand in a line. Each person, left to right, will say one sentence at a time. They should create a short little story. This practices how to pay attention to what someone is stating, and how to think about what you say next.
- b. Inside Activity
- c. 4+ Participants
- d. 20 Minutes