



**TEAM BUILDING**  
*at the Wilderness*



**ACTIVITIES**  
•  
**PROGRAMS**



*Wilderness Resort & Convention Center*



## TEAM BUILDING

***Team building is an essential component of every well run business. It builds camaraderie and fosters creativity as well as innovation.***

*The Wilderness Territory's trained activities staff works with groups of 8-100 people to identify their strengths and weaknesses, and then create a series of team building activities to best address these areas. The goal of these activities is to challenge your group mentally (and sometimes even physically) to figure out how each team member interacts with each other. After each activity a short debriefing will help team members to identify what was accomplished.*

*Throughout the team building activities, participants will hear about the importance of growth and development both personally and as a team. Groups depart with a different perspective of working together.*



***To book your Wilderness Territory team building experience, contact our special events department at (608) 253-9729 ext. 4982 or email [karen@wildernessresort.com](mailto:karen@wildernessresort.com)***





## GET TO KNOW YOU ACTIVITIES



### **Clothespin Stars**

**Equipment:** One clothespin per person & walking space

**Rules:** Each person has to try to guess what famous person is clipped on their back.

**How many to play:** Unlimited

### **Captain's Coming**

**Equipment:** Lots of running space

**Rules:** Similar to Simon Says...there are some actions that require groups of certain numbers, and if you are not in the group, you are out.

**How many to play:** Minimum 12

### **Ah So Gee**

**Equipment:** Large enough circle for everyone

**Rules:** Everyone stands in a circle and can only say "Ah" "So" and "Gee" while acting out certain gestures. The goal is to be the last in the group.

**How many to play:** Minimum 8

### **Group Juggle**

**Equipment:** Lots of stuffed animals or throwing objects

**Rules:** Everyone stands in a circle and a pattern is created to whom you throw to and catch from as you learn people's names.

**How many to play:** Minimum 8

### **Name Slap**

**Equipment:** A long noodle or soft object to hit people with.

**Rules:** Everyone is seated in a circle with one in the middle who holds the long noodle. You must say your name and another in the group before being whacked by the noodle.

**How many to play:** Minimum 8

### **Skittle Opener**

**Equipment:** Bag of Skittles

**Rules:** Everyone is seated in a circle and is given 4 colors of skittles. Each skittle represents a quality about them self: what is good, what needs to be worked on, what is their favorite characteristic about themselves, and what they want to take away from the day. At the end of the day participants are given the same skittles but the colors represent what happened today!

**How many to play:** Unlimited





## GET TO KNOW YOU ACTIVITIES

### **The Question Game**

**Equipment:** Nothing, just a large area to sit

**Rules:** Everyone in the circle can only ask questions, no sentences. If anyone answers in a statement, they are out of the game.

**How many to play:** Minimum 8

### **The Name Game**

**Equipment:** Nothing, just enough room to seat everyone

**Rules:** Someone starts with a famous name and the person to their right must say another famous name starting with the last initial of the last name. For example, if someone starts with George Washington, the person on the right must say a name that starts with W like Walt Disney.

No repeats are allowed.

**How many to play:** Minimum 8

### **One Minute Interviews**

**Equipment:** Nothing, just an open area

**Rules:** The person in the middle is asked any appropriate question from the rest of the group for one minute.

**How many to play:** Minimum 8

### **Mafia**

**Equipment:** An open area and cards with characters on them

**Rules:** One person is a cop, one is a killer, and the rest are part of the townsfolk who must find out who is the killer and stop them before they kill the entire town. Watch out though, lying is acceptable.

**How many to play:** Minimum 8

### **Big Booty**

**Equipment:** Nothing, just a smaller area to stand around

**Rules:** This activity is a lot like the game concentration, where everyone stands in a circle and keeps a beat. There is one person who starts it and if you can't answer in that beat, you move back in line.

**How many to play:** Minimum 8





## TEAM BUILDING ACTIVITIES



### **Star Wars**

**Equipment:** Large open area, a rope and approximately 12 stuffed animals or small throwing objects

**Rules:** Similar to “dodge ball” with a Star Wars theme

**How many to play:** Minimum 12

**Focuses on:** Working as a team and creativity

### **Bomb**

**Equipment:** A roped circle and pieces with the numbers 1-20 written on them

**Rules:** The team must figure out the fastest way to touch the numbers in numeric order from 1-20. The team has 4 chances to get the best time.

**How many to play:** Minimum 8

**Focuses on:** Communication

### **Pit of Stench**

**Equipment:** Large open area, some pieces of rubber materials, rope and a stuffed animal

**Rules:** The team must start from one end and make it to the finish line using only the pieces given to them. The pieces of rubber are the only pieces that can touch the ground. The entire group must cross to be successful.

**How many to play:** Minimum 8

**Focuses on:** Communication and leadership





## TEAM BUILDING ACTIVITIES



### **Helium Stick**

**Equipment:** A long, thin object

**Rules:** Each person in the group must have 2 fingertips always touching this object. The group must start low and bring it up and then back down.

**How many to play:** Minimum 8

**Focuses on:** Communication

### **Jewel Heist**

**Equipment:** A large rubber band, string, roped in circle and a tennis ball

**Rules:** The group must come up with a way to get an object out from the middle of the roped circle without reaching in.

**Focuses on:** Communication and leadership

### **Jump Rope**

**Equipment:** A large area to jump and a rope

**Rules:** The group must start on one side and make it through to the other side while trying to achieve their goal.

**Focuses on:** Communication and goal setting

### **Moonball**

**Equipment:** A large ball and a large play area

**Rules:** The ball must not touch the floor and the more hits your group gets, the better your score, like volleyball with a large oversized ball.

**Focuses on:** Communication and goal setting

### **Human Knot**

**Equipment:** A large open area

**Rules:** Everyone in the group must be connected through pieces of material and then they must untangle themselves.

**Focuses on:** Communication and beginning trust





## TEAM BUILDING ACTIVITIES

### **Minefield**

**Equipment:** A large open area

**Rules:** One person from each team is blindfolded and must be guided verbally by their teammates through an area of “mines”. They cannot touch any mines or they must start over with a handicap.

**Focuses on:** Communication and beginning trust

### **Balloon Trolley**

**Equipment:** A large open area and balloons for each person

**Rules:** The balloons must be placed in between you and the person in front of you. Then the two of you will make your way to the finish line together while not dropping the balloon and not using your hands.

**Focuses on:** Communication

### **Water Balloon Volleyball**

**Equipment:** A large open area, 2 sheets and water balloons

**Rules:** Each team uses a sheet to launch a water balloon to the other team. This team can only catch the balloon using the sheets. The goal is not to drop the balloon.

**Focuses on:** Communication

### **Lego put together**

**Equipment:** Area on the floor or on a table and a box of Lego's

**Rules:** The group must work together and follow instructions of how to put together a Lego sculpture. However, the group can't see the Lego's and there are only 2 messengers who can relay the instructions of how to assemble it without talking. The messengers get 3 looks at the finished piece and the group that most looks like the real sculpture wins.

**Focuses on:** Communications and leadership

### **Pipeline**

**Equipment:** An open area

**Rules:** Everyone in the group is given a small pvc pipe and the group must create a transportation system for a marble (oil truck) to travel from one starting point to their destination without dropping the marble (oil truck) or it will create an oil spill.

**Focuses on:** Communication and leadership





## TRUST ACTIVITIES



### **Lazer Tag**

**Equipment:** Team lazer tag

**Rules:** In lazer tag, each team will have someone with a handicap who will need help through out the game while each team works to earn the best score.

**Focuses on:** Communication, leadership and trust

### **Electric Fence**

**Equipment:** 2 poles or stands and a rope to tie across

**Rules:** The team is connected, starts on one side and must get to the other without touching the fence. Hold on, it's not that simple, a certain amount of people can go over the fence and certain number can go under it.

**Focuses on:** Communication, leadership and trust

### **“Goal” Mine**

**Equipment:** A rope circle and many light objects

**Rules:** The group dedicates each object to be a goal for their group and stands inside the roped circle. The objects are then placed outside the circle and the group must retrieve them without touching any area outside the circle.

**Focuses on:** Communication and trust

### **Bombs Away**

**Equipment:** A large soft area and many soft throwable items

**Rules:** The group is split into 2 teams and stands across from each other. One person per team is blindfolded and must be guided by their teammates to an object and then must hit the opposing blindfolded team member with it.

**Focuses on:** Communication and trust





## TRUST ACTIVITIES



### **Wind in Willow**

**Equipment:** A large soft area

**Rules:** The person inside the circle is passed around like a leaf as their feet stay planted to the ground. The rest of the teammates are responsible for keeping him or her upright and safe.

**Focuses on:** Trust

### **Spider Web**

**Equipment:** A soft area, 2 poles, and bungee cords

**Rules:** The team starts on one side of the web and pass their entire group through to the other side. Some may go on their own and some will need assistance.

**Focuses on:** Communication and trust

### **Team Circle Trust**

**Equipment:** Lots of tennis balls, wood, trollies, rubber pieces

**Rules:** Each group must make it to the center using what they are given

**Focuses on:** Teamwork and communication

### **The Pit**

**Equipment:** 2 boards and 2 small stages/planks

**Rules:** The group must start on one plank and pass their group to the other using only the 2 boards. No jumping is allowed and some members have handicaps like being blindfolded or having one leg.

**Focuses on:** Communication, trust and leadership





## SAMPLE AGENDAS



### **Sample Agenda for a 2-hour event ideal for smaller groups of 12-20 people per group instructor**

5 minutes of a welcome and introduction

**Skittles Get To Know You Activity** - 10 minutes of funny/beginning team-building

**Star Wars** - 15 minutes of smaller team building challenge

**Bomb** - 30 minutes of tougher team building challenge

**Pit of Stench** - 20 minutes of trust challenge & debrief

**"Goal" Mine** - 30 minutes of Trust Challenge

**Lazer Tag challenge** - Closure and final debrief

**Skittles Closure**

### **An example of 4-hour event for smaller groups of 12-20 people per group instructor**

20 minutes of a welcome and introduction

**Skittles Get To Know You Activity** - 25 minutes of funny/ beginning team-building

**Mafia** - 20 minutes of smaller team building challenge

**Jump Rope Challenge** - 20 minutes of a get to know you activity

**One Minute Interviews** - 30 minutes of tougher team building challenge

**Pit of Stench** - 30 minutes of trust challenge

**"Goal" Mine**

5 minutes of a debrief

45 minutes of a Lazer Tag challenge

40 minutes of final challenge

**Team Circle of Trust** - Closure and final debrief

**Skittles Closure**





## LARGE GROUP EVENTS

### **Wilderness Olympics**

**Equipment:** A large area to run around in

**Rules:** Based on your group's theme or program, we create silly team building activities, which pertain to your group, that each group is judged on.

(Example- outdoor games: lumberjack saw with plastic saw and bread, or shooting range: foam air gun and target). **Focuses on:** Teamwork

### **Photo Hunt in the Dells**

**Equipment:** A Polaroid Camera and transportation

**Rules:** Each group is given a list of items that they must find anywhere in the Dells and then photograph them. The winner returns with a picture for each location or destination on their list. **Focuses on:** Teamwork

### **Scavenger Hunt through the Dells**

**Equipment:** A bag and transportation

**Rules:** Each group is given a list of items they must bring back from anywhere in the Dells. Items range from free to very cheap items. Once finished with the list, the first to return with everything correct- wins! **Focuses on:** Teamwork

### **Fees**

**2 hour event** - Teams of up to 20 in a group

**Includes Lazer Tag. The fee is \$25 per person with a minimum of \$300 per group. This fee includes planning, activities, and staffing.**

**4 hour event** - Teams of up to 20 in a group

**Includes Lazer Tag. The fee is \$35 per person with a minimum of \$500 per group. This fee includes planning, activities, and staffing.**

Group leaders can determine the times and locations of the events and work one on one with our coordinators to help plan their event.

**For more information, contact Special Events at (608) 253-9729 ext. 4982) or [Karen@wildernessresort.com](mailto:Karen@wildernessresort.com)**

### **Food & Treats**

**A snack pack is also available if you would like to add on to your groups day. Ask for details when you book your team building day!**





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