

# Teambuilding on a Shoestring

**Martin E. Fortin, Jr.**

*Principals' Student Learning Centers*

Enhance communication, stress problem solving, and build community with these seven activities using only a pair of shoelaces. Come watch or play, and experience each of the challenges. These initiatives come from the International Association of Teamwork Facilitators ([www.IATFconnect.com](http://www.IATFconnect.com)). This group is a great resource for offering activities that will build camaraderie among your players, and free for you to join.

**Notes:**



# **Team Building Games on a Shoestring**



**How To Use Two Normal Shoestrings to Lead  
7 Fun and Engaging Team Building Activities**

**Tom Heck**

President & Founder

International Association of Teamwork Facilitators

# International Association of Teamwork Facilitators

*Teachings, Tools and Community for the Evolution of Team Consciousness*

[www.IATFconnect.com](http://www.IATFconnect.com)

## **Activity # 1:**

### **All Aboard**

#### ***Teambuilding Game***



**VIDEO  
CLICK HERE**

**Group Size** 6-15

**Age Range:** elementary school – adult

**Intensity:** Mental=1, Physical=1

**Time:** 5-10 minutes without debrief

**Space:** Minimal – Medium -- Lots

**Set Up Time:** 60 seconds

**Props:** Two shoestrings

#### **Challenge**

The entire group must fit inside the circle on the ground formed by the two shoestrings.

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## Activity # 2:

### Amoeba Electric Fence

*Teambuilding Game*



**VIDEO  
CLICK HERE**

**Group Size** 6-15

**Age Range:** elementary school – adult

**Intensity:** Mental=1, Physical=1

**Time:** 5-10 minutes without debrief

**Space:** Minimal – Medium -- Lots

**Set Up Time:** 60 seconds

**Props:** Two shoestrings

#### **Challenge**

The entire team must cross over the top of the “electric fence”.

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## **Activity # 3:**

### **Bus Stop**

***Teambuilding Game***



**VIDEO  
CLICK HERE**

**Group Size:** 3 – 50 people

**Age Range:** elementary school – adult

**Intensity:** Mental=1, Physical=2-3

**Time:** 5-10 minutes (without debrief)

**Space:** Minimal – Medium -- Lots

**Set Up Time:** 60 seconds

**Props:** Two shoestrings

#### **Challenge**

Group members make choices (express their opinions) in front of other people by getting on and off an imaginary bus.

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## **Activity # 4:**

### **Crossover**

***Teambuilding Game***



**VIDEO  
CLICK HERE**

**Group Size** 8-30 people

**Age Range:** middle school – adult

**Intensity:** Mental=2, Physical=2

**Time:** 10-30 minutes

**Space:** Minimal – Medium -- Lots

**Set Up Time:** 1 minute

**Props:** Two shoe strings

#### **Challenge**

Team members must move from one side of a circle to the other as quickly as possible.



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## **Activity # 5:**

### **Geometry** *Teambuilding Game*



**VIDEO  
CLICK HERE**

**Group Size:** 6 - 8

**Age Range:** elementary – adult

**Intensity:** Mental=2, Physical=1

**Time:** 5 – 10 minutes (without debrief)

**Space:** Minimal – Medium -- Lots

**Set Up Time:** 60 seconds

**Props:** Two shoestrings

#### **Challenge**

The group must work together to create assigned geometric shapes.

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## Activity # 6:

### Infinite Loops

#### Teambuilding Game



**VIDEO  
CLICK HERE**

**Group Size:** Any size group - - people work in pairs

**Age Range:** Elementary – adult

**Intensity:** Mental=3, Physical=1

**Time:** 15 – 60 minutes

**Space:** Minimal

**Set Up Time:** 60 seconds

**Props:** One shoestring for each person

#### Challenge

Become disconnected from your partner.



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## Activity # 7:

### Pass The Circle

*Teambuilding Game*



**VIDEO  
CLICK HERE**

**Group Size:** 6 - 15

**Age Range:** elementary – adult

**Intensity:** Mental=2, Physical=1

**Time:** 5 – 10 minutes (without debrief)

**Space:** Minimal – Medium -- Lots

**Set Up Time:** 60 seconds

**Props:** Two shoestrings

#### Challenge

Pass the shoestring circle around the circle of people as quickly as possible.

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## ***IATF Resources for Teamwork Facilitators***



### **Supportive Online Community**

*Teamwork facilitators, trainers, educators, and coaches from 50 countries.*



### **Convenient Home Study Courses**

*Become a teambuilding expert on your schedule.*



### **Teambuilding Game Books**

*Teach teamwork in a fun and memorable way.*



### **Workshops, TeleSeminars, Webinars**

*Distance learning for individuals and teams.*



### **Teambuilding Equipment**

*Get results with gear that's been team tested.*