

Non-Contact Team Building Exercises

Games

Girl Scouts build their teamwork by playing games together. One Girl Scout team building favorite is Apples to Apples.

For Health and Safety reasons this may not always be an option, but part of the fun would be challenging your girl scouts to come up with a way to play that keeps everyone safe. Dice games, where everyone has their own set of dice may be an option.

Minefield

Use masking tape to mark off a square or rectangular shape on the floor that is large enough to hold eight to 10 girl scouts at once, along with multiple, randomly placed X shapes (also made with tape on the floor) and multiple soft, squeaky items (such as dog toys). The X shapes are mines. To start the game, eight to 10 girl scouts should put on blindfolds and step just inside the rectangle, lining up together on one side. To play the game, those standing outside the rectangle will call out verbal instructions to those inside to help them navigate safely to the other side without stepping outside the taped boundary or onto a mine. When someone does accidentally step on mines, they are told so they can freeze until another someone else inadvertently steps on a squeaky item. The squeaking sound signals that all frozen scouts are released to move again. This game helps girl scouts develop their listening and communication skills along with their ability to trust and rely on one another.

(MarathonKids.org)

Eye Contact

This is a great activity to support nonverbal communication skills. Choose 10 girl scouts to participate in the first round. The others can gather around the edges and watch. Designate a player one. To begin, player one makes eye contact (no words or hand motions) with another player (player two) and gives them a signal that means go. When player two says go, player one starts moving slowly toward them to take their place in the circle. Player two then makes eye contact with another player (player three) and gives them a signal meaning go and starts moving toward them. The objective of the game is to time each player's command so that each player makes space for the others in time. After the first round, switch out the teams until everyone has had a chance to play.

(weareteachers.com)

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No-Hands Cup-Stacking Challenge

This hands-on group challenge is an exercise in patience and perseverance, not to mention a total blast! Decide how many girl scouts you want in each group and tie that number strings to a single rubber band, making one for each group. Each person in the group holds onto one of the strings attached to the rubber band, and as a group, they use this device to pick up the cups (by expanding and contracting the rubber band) and place them on top of each other in order to build a pyramid.

(weareteachers.com)

Marshmallow-and-Toothpick Challenge

Divide into groups of equal numbers. Pass out an equal number of marshmallows and wooden toothpicks to each group. Challenge the groups to create the tallest, largest, or most creative structure in a set amount of time, each member taking turns doing the actual building. Afterward, have each group describe what they made.

(weareteachers.com)

Storytelling Round-Robin

This activity helps girl scouts pool their creative resources. Sit in a circle. The leader will begin with the first line of the story, for instance, "Once upon a time there were three children walking through the forest" One by one, each girl scout adds one sentence with new details to the story. The story cannot end until everyone has participated.

(weareteachers.com)