

Team Building Activity Challenge

Why are team building activities important?

Team building activities improve our overall workplace environment. These activities also enhance team-based projects because they help employees understand each other better. In order to create a cohesive team it is important that team members bond with one another. **Challenge your employees to try one activity weekly to create a fun work environment and show employee appreciation.**

High Fives



Before your staff meeting. Have employees select a colleague to celebrate/acknowledge their weekly accomplishments. They will each share who they selected and why.

Secret Pal



Randomly select an employee to be their "secret pal" for the week. The secret pal should do a nice and creative gesture daily while maintaining their identity a secret.

Positive Sticky Notes



Write positive statements on a various sticky notes. Place sticky notes anywhere you frequent such as bedroom, kitchen, living room, car, office, conference room, etc.

Lunch with Colleague



Encourage employees to have lunch with someone different each day. This will allow employees to get to know someone that they normally wouldn't talk to often.

Inspirational Quote



Email an inspirational quote or bible verse to the entire team. You can find quotes and bible verses here:

Walk and Talk



Have employees select a new colleague to walk with for the day. Walks can be taken during their break(s) and be used to get some physical activity while catching up. [LLUH Walking maps](#)