



## Team Builders

# Joining instructions

- Individual
- Pairs
- Small group
- Whole group

**Uses:** For getting into groups of different sizes. It's a fun and physical warm-up.

**Resources:** None – largish space is useful.

**Time:** 5-15 minutes.

### What to do:

1. Explain that the group will be moving around the space and when the leader calls out a number, the participants have to get into a group of people of that number. e.g. "Four" - the participants get into groups of four.
2. Explain that there will be some people left out occasionally, but don't worry as the next number will be called soon.
3. Play the game.

### Make it different:

- Use different joining instructions to divide the group into two such as 'trainers'/'shoes'; 'long hair'/'short hair' etc.

### Points to make:

- Nobody likes being left out. How did the participants feel when they were not in a group, or were asked to leave a group to make the right numbers?
- Who took the lead in this activity? Different leaders emerge amongst participants for different activities.

