



# Team Bonding Activities for Cohesion & Community



## A Mental Skills Workbook for Athletes & Performers



*Hi, I'm Demi Agai by -*  
a Mental Performance Consultant & founding director of Beyond Horizons Performance (BHP). Through BHP, I'm committed to embedding psychological skills training and mental wellness across athletic and artistic spaces.

*Let's build confidence, mental toughness, and resilience together!*



Looking for your performers to connect with one another? Say no more! This list of fun team bonding activities will ensure that your performers are getting to know their peers while having a good laugh and challenge. I made it even easier for you - all of the activities include little to no materials. Happy bonding!



## 1 "Line it Up "

**Task:** Individuals must line up in order of shortest to tallest, youngest to oldest, birth month, shoe size, etc. without talking. Check their work at the end to see how accurate they were. Looking to level it up a notch? Time them to see how quickly they can complete the task and then see if they can beat their own record.

**Skills:** Non-verbal communication, teamwork, cooperation, collaboration.

## 2 "What's Your Why?"

**Task:** Ask each person to anonymously write a brief statement describing why they are a part of the group or team on a sticky note. Place each sticky note on a poster board or on the wall for everyone to see. Have the group read through their peer's responses. Keep the sticky notes for future instances when motivation and morale run low!

**Skills:** Reflection, critical thinking, motivation, sense of belonging

## 3 "Candy Craze"

**Task:** Randomly pass out a colorful candy (Skittles or Starbursts) to each person. Have them form groups based on the color candy they received (e.g., all red candies form a group, all yellow candies form a group, etc.). Once divided into groups, task each group with answering a specific question. Some examples include their favorite vacation spot, their most embarrassing moment/story, etc.

**Skills:** Interpersonal skills, verbal communication, active listening, relationship building

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## "Emotions Charades"

**Task:** Write 20-30 different emotions on small sheets of paper. Fold each one up and put them in a jar. Divide the group into an A team and a B team. To see which team will go first, play best 2 out of 3 of rock, paper, scissors. One member of the team will draw a paper out of the jar. Then, they will act out the emotion to the rest of the group. The group must guess the correct emotion in order to receive a point. The team with the most points wins!

**Skills:** Emotional literacy, non-verbal communication, creativity, focus/observation

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## "Common Thread"

**Task:** Divide the group into 4 or 5 smaller groups. Each group is tasked with finding something that they all have in common. For groups that are around the same age, you can set exclusions such as grade level, school, age, etc. The goal is to get them talking about something outside of their performance training and school life.

**Skills:** Creativity, verbal communication, active listening, collaboration



## Did you find this helpful?

Schedule your free discovery call [HERE](#) to dive more into how you can manage your pre-performance anxiety & rise to any occasion that comes your way!

Performers on the Rise Podcast



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