

# Team Building Activity

## Charades

**Focus Area:** Physical Activity

**Description:** Charades is an activity to test participants' acting skills in a fun environment.

**Category:** Pairs or groups

**Length of Activity:** Varies

**In-person or Virtual:** This activity is best conducted in-person.

### Materials Needed:

- Charades clues, printed, cut and folded into a bowl/container  
*\*Blank clue cards are provided to create your own cards, if desired.*
- Prize (optional)

### Directions:

1. Choose a player or team to start the game.
2. The player will select one charade clue to act out.
3. The player or team to guess the word or phrase correctly in the specified amount of time gets a point.
4. The one with the most points at the end of the game wins.

<b>Making coffee</b>	<b>Walking up the stairs</b>
<b>Packing lunch</b>	<b>Stretching</b>
<b>Filling a water bottle</b>	<b>Meditating</b>
<b>Eating an apple</b>	<b>Putting sneakers on</b>
<b>Hangry</b>	<b>Deskercises</b>
<b>Cooking dinner</b>	<b>Strength training</b>
<b>Reading a food label</b>	<b>Going outside</b>
<b>Grocery shopping</b>	<b>Taking a nap</b>
<b>Taking home restaurant leftovers</b>	<b>Taking a break</b>

