

# Back Office Newsletter



Team Building Can Be Fun!

## Ideas to grow with

- Add a Line Game

## Team Building and Communication Exercises!

There are several [team building](#) activities that are stressed upon for building effective team communication. While most of these activities might seem like simple games, they have at their core the key concepts of [teamwork](#) and communication and how one can effectively learn to make these stronger. Here is one of the [team communication activities](#) to look into.

### Adding a Line

This one is a simple [team building game for the workplace](#). Have a group of people sit in a circle and tag a person. That person throws a soft or material ball while saying his favorite food. The person he throws his ball to has to repeat his favorite food, add his own and then throw the ball to someone else. This will help the teams to perform in pressure and develop their listening abilities. Every person in the circle must have a turn before repeating. There have been occasions

where participants go on to discuss in greater detail various foods mention. Even so far as to trade recipes.

**“Communication is vital to team construction and execution.”**

