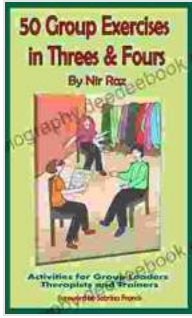


50 Group Exercises in Threes and Fours: Build Teamwork, Communication, and Problem-Solving Skills



50 Group Exercises in Threes & Fours: Activities for Group Leaders Therapists and Trainers (50 Exercises Trilogy) by NH

★★★★★ 5 out of 5

Language	: English
File size	: 12871 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 199 pages
Lending	: Enabled



Group exercises are a powerful tool for building teamwork, communication, and problem-solving skills. They can be used in a variety of settings, including schools, workplaces, and community groups.

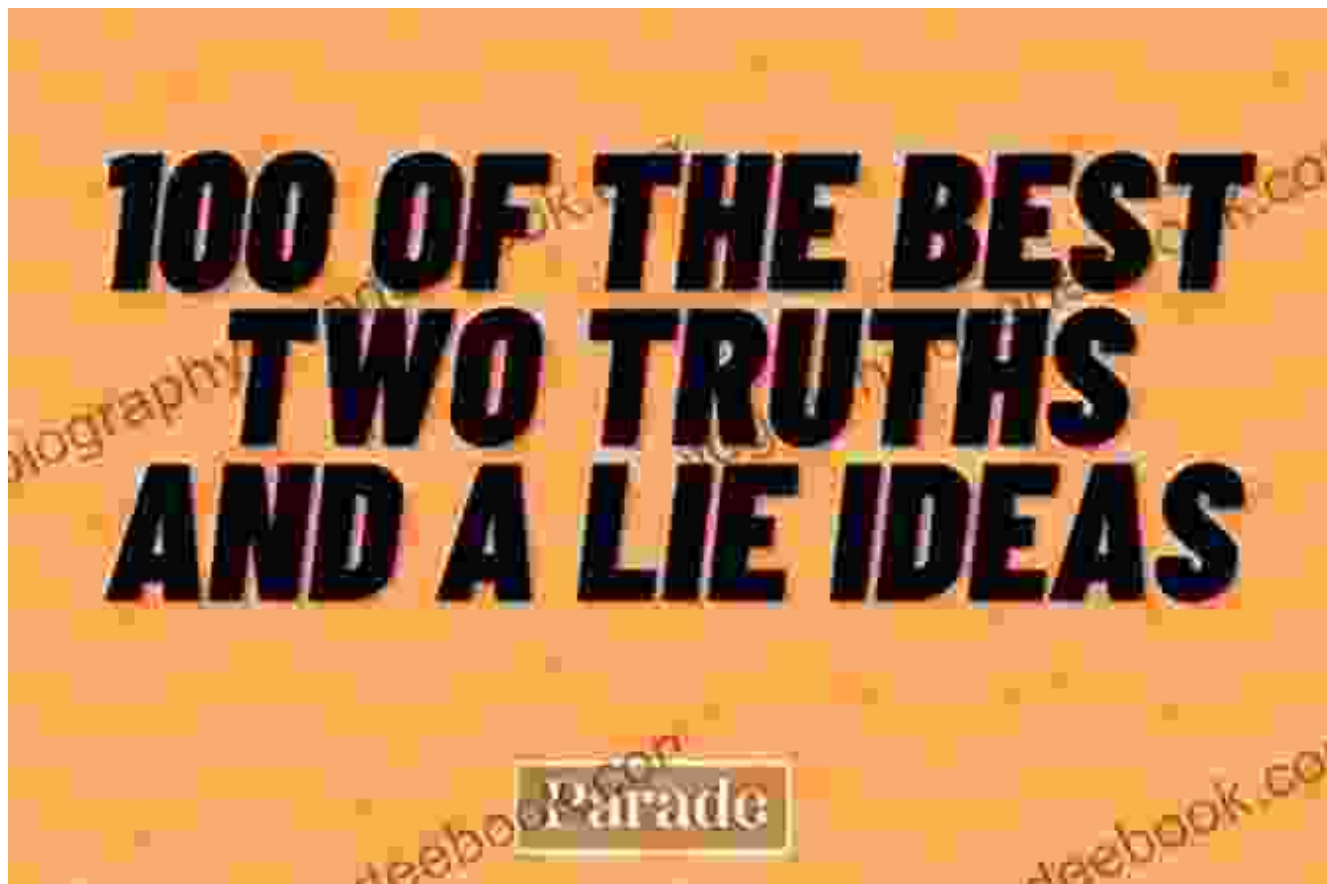
When choosing group exercises, it is important to consider the size of the group, the age of the participants, and the desired outcomes. For groups of three or four, there are many different types of exercises that can be used to achieve specific goals.

Here are 50 group exercises in threes and fours that can be used to build teamwork, communication, and problem-solving skills:

Communication Exercises

1. Two Truths and a Lie

Each person takes turns sharing two truths and one lie about themselves. The other group members must guess which statement is the lie.



2. Telephone

The first person whispers a message to the second person. The second person whispers the message to the third person, and so on. The last person says the message out loud. The group then discusses how the message changed as it was passed along.



3. Back-to-Back Drawing

Two people stand back-to-back. One person is given a picture and must describe it to the other person, who is trying to draw it.



4. Pictionary

One person draws a picture on a whiteboard or paper while the other group members guess what it is.



5. Charades

One person acts out a word or phrase while the other group members guess what it is.

Teamwork Exercises

6. Human Knot

The group stands in a circle and reaches out to grab the hands of two other people. They must then untangle themselves without letting go of each other's hands.



7. Marshmallow Tower Challenge

The group is given a bag of marshmallows and toothpicks. They must work together to build the tallest freestanding tower possible.



8. Egg Drop Challenge

The group is given an egg and various materials. They must work together to design and build a container that will protect the egg from breaking when it is dropped from a height.



9. Problem-Solving Exercise

The group is given a problem to solve. They must work together to come up with a solution.



10. Decision-Making Exercise

The group is given a decision to make. They must work together to come to a consensus.

Problem-Solving Exercises

11. Sudoku

The group works together to solve a Sudoku puzzle.



12. Crossword Puzzle

The group works together to solve a crossword puzzle.



13. Scavenger Hunt

The group is given a list of items to find. They must work together to find all of the items on the list.



14. Escape Room

The group is locked in a room and must work together to solve puzzles and escape before the time runs out.

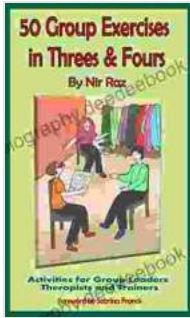


15. Build a Bridge

The group is given materials to build a bridge. They must work together to design and build a bridge that will span a gap.

These are just a few of the many group exercises that can be used to build teamwork, communication, and problem-solving skills. When choosing an exercise, it is important to consider the size of the group, the age of the participants, and the desired outcomes. With careful planning, group exercises can be a powerful tool for developing these essential skills.

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