

Team Time Games

Team Unity Games

Games #1 – Warm Fuzzies

The cheerleaders sit in a circle with their team and are each given a turn to compliment someone. It may be a cheerleading talent or character trait. (Anything they want to say that is complimentary and will make their teammate feel good.) For example: Sue, you are very optimistic and it is always nice to be around you because you look on the bright side of things.

Game #2 – Honey Bun Hug

This is a quick encourager or energizer. The squad stands in a straight line holding hands. The person on the end (can be either end, but not both) begins "rolling or spinning in". Without letting go of each other's hands, each person follows in turn. The end result is a big honey bun team hug.

Teamwork & Problem Solving

Game #1 – The Line-Up

The cheerleaders are told to form a line by height, from shortest to tallest. This will take no time at all. Then they are told to line up in alphabetical order by their last name, without talking. This should also go quickly. Finally, they are told to line up in order of birth month from January to December, with their eyes closed. (No cheating) This activity forces teamwork and encourages the cheerleaders to pull together when things get more difficult.

Game #2 – Human Knot

The squad stands in a circle. Everyone sticks their right hand in the middle and grabs hands with someone that is not standing next to them. Then they each put their left hand in and grab another hand, as long as it, again, is not the person next to them. They are then instructed, without letting go or readjusting grips, to work themselves out of the knot and into a circle.

Goal: Teamwork, communication, patience.

Team Energizers

Game #1 – Back To Back

Two cheerleaders stand back to back. On the count of three, the partners must do one of the signs...a big thumbs up, and o.k. sign, or a big cheesy smile. If the partners do the same sign they sit down. Continue until one pair is left standing.

Game #2 - Zoo

The team stands in a circle. Someone is picked to start out in the middle. They spin around the circle, point to someone, and call out an animal. That person and the two people on either side of them must do the designated animal for five seconds, or they have to go to the middle.

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