

50 Group Exercises In Pairs: Strengthen Bonds and Foster Teamwork

Welcome to the ultimate guide of 50 engaging and interactive group exercises designed for pairs. Whether you are an educator, team leader, or simply looking for fun activities to strengthen bonds and foster teamwork, this article will provide you with a plethora of options to choose from. These exercises are perfect for any group setting, be it in a classroom, workplace, or social gathering. Let's explore these exciting activities that will surely bring your team closer together.

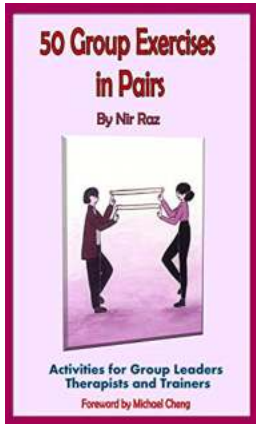
1. Trust Walk

Blindfold one participant and have their partner guide them through a challenging course using only verbal instructions. This exercise builds trust and communication skills.



50 Group Exercises in Pairs: Activities for Group Leaders Therapists and Trainers (50 Exercises Trilogy) by Myra Helmer Pritchard (Kindle Edition)

★★★★☆ 4.7 out of 5



Language	: English
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Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 212 pages
Lending	: Enabled



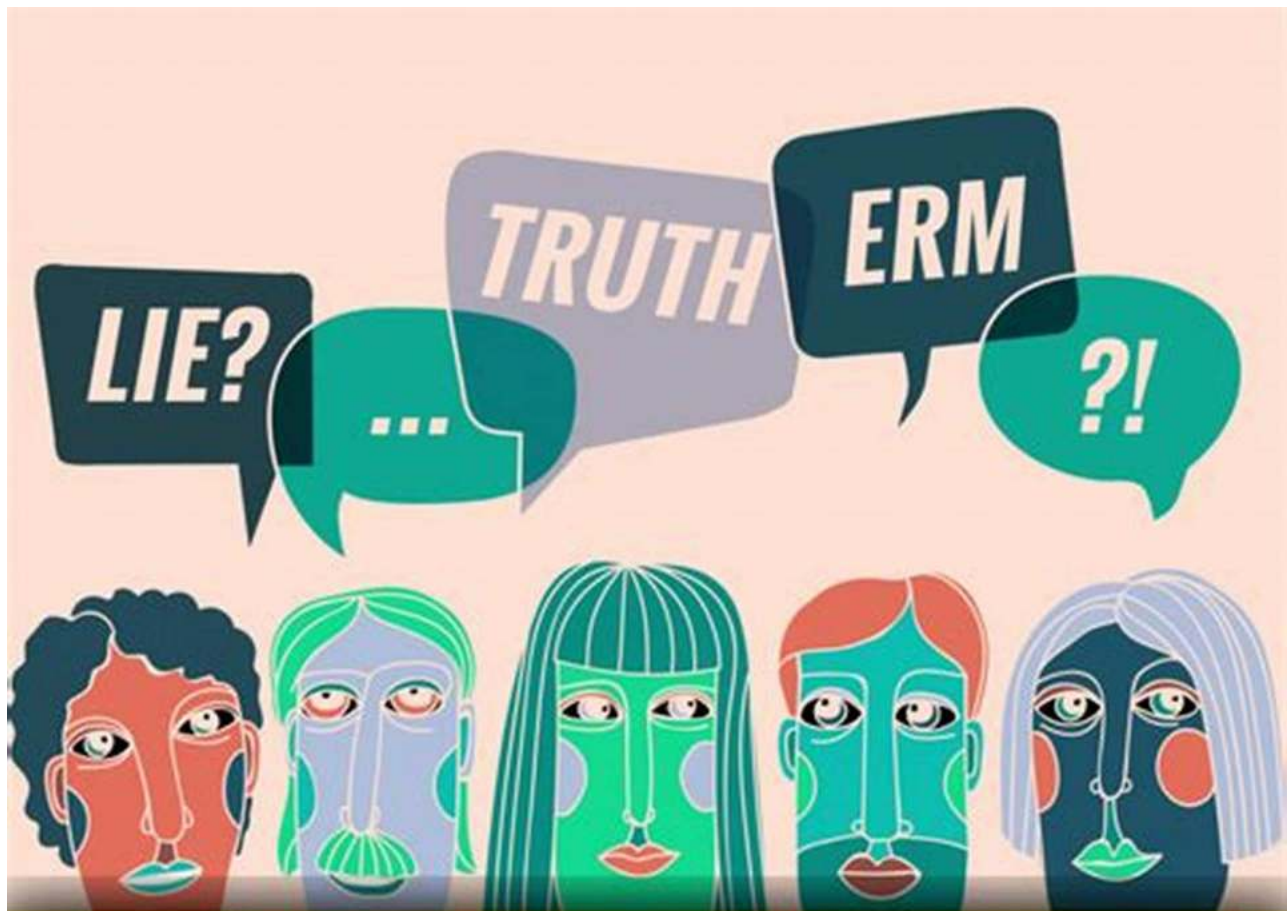
2. Human Knot

In this exercise, participants stand in a circle and must join hands with two others. The objective is to untangle the human knot without releasing hands. This activity promotes problem-solving and teamwork.



3. Two Truths and a Lie

In pairs, participants take turns sharing three statements about themselves - two truths and one lie. The partner must guess which statement is the lie. This activity encourages active listening and strengthens connections.



Two Truths and a Lie

A fantastic GTKY activity for your ESL class.

Find this and more great ideas at www.teflup.com.

4. Mime Relay

Participants take turns miming an action or object while their partner guesses what it is. This exercise enhances non-verbal communication and empathy.



5. Memory Wall

In pairs, participants take turns sharing an important memory from their lives. This exercise promotes active listening, empathy, and understanding.

Sharing is Caring!



6. Balloon Tower Challenge

Using balloons and tape, pairs must build the tallest freestanding tower possible within a time limit. This exercise encourages creativity, collaboration, and problem-solving.



7. Story Starters

Pairs take turns starting a story with a sentence and their partner continues it. This activity sparks creativity, imagination, and strengthens storytelling skills.

START The more money you have the more greedy you become. Money rules the world.

All rich people studied well at school. **MISS A TURN** Money is not important in life.

Money can buy happiness. The more money you have, the more you want. With money you can buy a house but not a home.

Money is freedom. Lend your money and lose your friend. Money is the root of evil. **MISS A TURN**

Money can buy good health. **MISS A TURN** It is better to marry for money than for love. Rich people seldom help the poor.

GO Professional sport is done only for making money. Money is better than education. Poor people are more generous.

Useful Phrases
 In my opinion
 I strongly believe that
 I agree/disagree
 I definitely think
 I suppose that
 Actually
 As for me
 Personally I think
 Frankly speaking
 My point is

DEBATE TIME
MONEY

Men earn more than women. Working hard will never make you rich. Money can ruin a marriage.

Husbands must make more money than wives. **MISS A TURN** Saving money is very stressful. Money makes you live longer.

Money change people. People with more money save more. Easy come, easy go. **MISS A TURN**

GO He who borrows gets sorrows. Teenagers must earn their pocket money themselves. Money can make a person more beautiful.

People must donate some of their salaries to charity. **MISS A TURN** A fool and his money are easily parted. Rich people don't have friends.

FINISH When money speaks, the truth keeps silent. **MISS A TURN** Poor people choose to be poor.

8. Secret Handshake

Invent a unique secret handshake with your partner that represents your connection. This exercise fosters creativity, collaboration, and strengthens the bond between individuals.



9. Mirror Mirror

One person moves and the other person mirrors their movements exactly. This exercise promotes active listening, non-verbal communication, and connection.



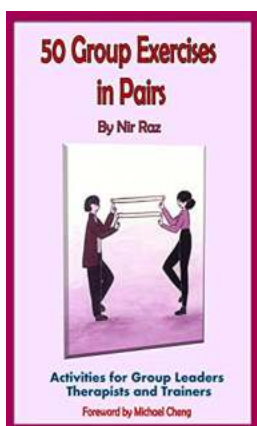
10. Puzzle Race

Pairs compete against each other to see who can solve a puzzle the fastest. This exercise encourages friendly competition, problem-solving, and teamwork.



These are just a few of the 50 group exercises in pairs that can boost teamwork, trust, and communication within your group. Remember to choose activities that suit the needs and preferences of your participants. Give these exercises a try and watch as your team grows stronger and more connected!

Images retrieved from



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This book is part of a series of 3 books. The focal point of this book is to work with pairs within a large group. This is an easy to use, step by step guide that can be used for workshops, for group meetings, within therapeutic environments and even to enhance social events.

This book was written for group leaders, trainers and therapists who work with groups. This book can be used by veterans and new trainers alike. This is a guide to help you plan and implement workshops while building group dynamics.

This book is a stellar collection of 50 different games, exercises and activities, with many variations, that all work well in a circle. The book is here to help you plan well thought out and properly structured activities and productive rehearsals and workshops.

You'll find here activities that support new groups with s, ice-breakers, physical and voice warm-ups, to deeper activities that build energy in the room, encouraging focus, playfulness, trust-building and even closer connections between participants. There are also sections on improvisation.

Each activity is clearly broken down into several components, starting with the objectives, time allotment, supplies and preparation before the exercise, to a step by step guide for how to teach each exercise with precise details and explanations, and finishes with a reflective conversational piece.

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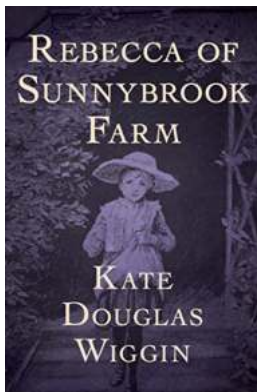
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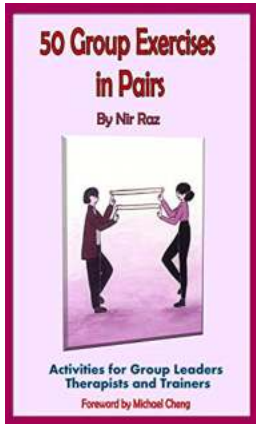
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Rebecca Of Sunnybrook Farm: A Timeless Classic by Kate Douglas Wiggin

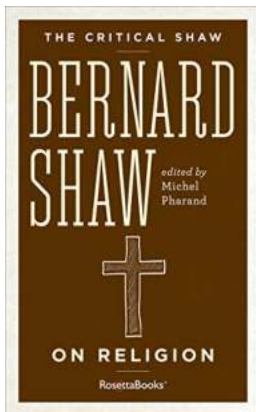
Rebecca Of Sunnybrook Farm is an exceptional literary masterpiece that has captivated the hearts and minds of readers for several generations.

Written by the remarkable...



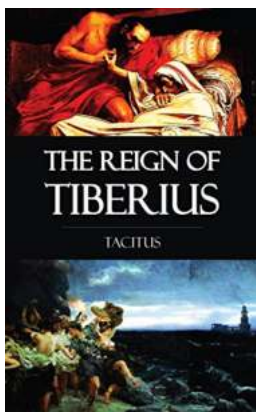
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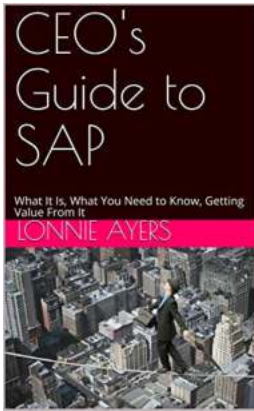
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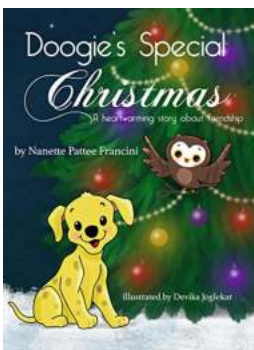
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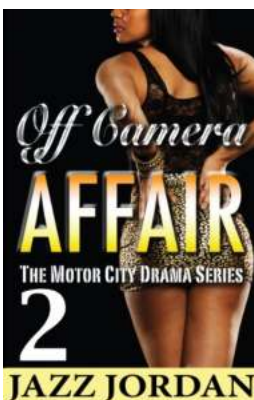
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