



Team Building Activity

Battle of the Air Bands

Focus Area: Physical Activity

Description: Move over karaoke! Split your group into teams of two to four and have them pick a song to do their best impression of while performing it with “air instruments” and lip-syncing. This activity can be performed just for fun or the audience can vote to determine a winning group.

Length of Activity: The length of this activity will be dependent on the number of individuals participating in the activity. (For example: If you have 20 employees at a meeting, it will take ~15 minutes to complete all rounds and ~20 minutes total to facilitate the entire Team Building Activity.)

In-person or Virtual: In-person

Materials Needed:

- Speaker for music



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