

2026 GTCYS Winter Retreat Team Building Activities

Directions for Student Leadership Team members:

- Choose **two of the following activities** to lead your orchestra in. You'll find a script and directions for each activity on the following pages:
 - Rock Paper Scissors (page 2)
 - This or That (page 2)
 - Concentric Circles (page 3)
 - Blobs and Lines (page 4)
- You'll have **10-15 minutes** to lead the activities. Use the script below to help guide your group.
- SLT members should **share responsibility** for leading the activities.
- Speak loudly, clearly, and slowly so everyone understands the instructions. Ask your conductor or RA to help, if needed.
- Make sure you have a **large, open space** (hallway, common area, etc.). Do not do these activities in your rehearsal space with instruments.

Introductory Script to Read to Your Orchestra

- Hi everyone! Today we're going to do some team-building activities!
- The goal is to have fun and to be open to meeting people in our orchestra.
- Here are a few expectations:
 - **Be present and engaged.** Try each activity with an open mind.
 - **Respect others.** If someone shares something they enjoy, even if it's not your thing, stay positive and respectful.
 - **Have fun!**
- Before we start, let's do a quick warm-up to get moving! Spread out a little so you have space.
 - Shake out your arms and relax your shoulders
 - Roll your neck around 3 times
 - Reach for your toes for 5 seconds
 - Reach for the ceiling for 5 seconds
 - Now take two deep breaths
- Ready? Here we go!

Next: Move to the activity scripts that you've chosen.

2026 GTCYS Winter Retreat Team Building Activities

ACTIVITY 1: Rock, Paper, Scissors Tournament

Script:

- We're going to play a Rock, Paper, Scissors tournament! The purpose of this activity is to cheer each other on as we find a winner!
- To play, you'll find another person and say Rock, Paper, Scissors, Shoot! On shoot, make your choice. Paper beats rock, rock beats scissors, scissors beat paper.
- If you lose, you'll line up **behind the winner** and cheer them on. Chant their name and clap! By the end of the game, we'll have two huge lines!
- We'll keep playing until there's one final winner. Everyone on that team wins, too!

Next: Move onto another activity or thank everyone for participating and turn the time over to your conductor.

ACTIVITY 2: This or That?

Script:

- We are going to do an activity called THIS or THAT. The purpose of this activity is to learn about one another!
- We're going to read two options. Move to THIS side or THAT side.
- Watch closely! We will gesture to show which side is which. If you can't decide, feel free to stay in the MIDDLE.
- Once you're on your side, turn to one person near you and share why you chose it. Try to talk to someone you've never met before!

Prompts to read (choose as many as you like!)

- Fizzy or non-fizzy water
- Burgers or hotdogs
- Bread crust or no crust
- Cereal or milk first
- Dogs or cats
- Ghosts or aliens
- Big family or small family
- Movies or TV shows
- Hot temps or cold temps
- Hot drinks or iced drinks
- Fourth of July or New Year
- Fancy or casual
- Silly hats or silly socks
- Night owl or early bird
- Ketchup or mustard
- Sweet or salty
- Reading or writing
- Bach or Beethoven
- Slow music or fast music
- Pants or shorts
- Hoodies or sweaters
- Book or movie
- Outside or inside
- Go to the zoo or a museum
- Hiccups or sneezing
- Pitch black or night light
- Donuts or cupcakes
- Pizza or tacos
- Chips or fries
- Pancakes or waffles
- Summer or winter
- Coke or Pepsi
- Sunrise or sunset
- Country or city
- Milk chocolate or dark chocolate
- Video games or sports
- Lake or ocean
- Superhero or wizard
- Fly or breathe underwater

Next: Move onto another activity or thank everyone for participating and turn the time over to your conductor.

2026 GTCYS Winter Retreat Team Building Activities

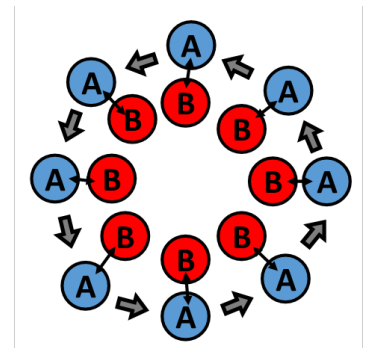
ACTIVITY 3: Concentric Circles

Script:

- This activity is called Concentric Circles! The purpose is to help us have short conversations with people so we can get to know each other.
- Please form two equal circles: one **inside** circle and one **outside** circle. Ready, set, go!
 - Give your group time to form the circles
- Turn so you're facing someone in the other circle. For example, if you're in the inside circle, you should be facing someone in the outside circle.
- We'll read a question or topic. You'll discuss it with your partner for a minute or so.
- Then we'll ask one of the circles to rotate so you can meet someone new!
- Here we go!

Prompts:

- **What instrument do you play?**
- Outside circle move 1 to your right
- **Do you have any pets?**
- Inside circle move 1 to your right
- **What's a piece you've enjoyed playing this year in GTCYS?**
- Outside circle move 1 to your right
- **What's your favorite snack?**
- Inside circle move 1 to your right
- **Do you prefer fast or slow music?**
- Outside circle move 1 to your right
- **What's your favorite season and why?**
- Inside circle move 1 to your right
- **What instrument would you like to learn how to play?**
- Outside circle move 1 to your right
- **Do you like loud or quiet music?**
- Inside circle move 1 to your right
- **What book, show, or movie do you recommend?**
- Outside circle move 1 to your right
- **What do you like to do after school or on weekends?**



Set up for Concentric Circles

Next: Move onto another activity or thank everyone for participating and turn the time over to your conductor.

2026 GTCYS Winter Retreat Team Building Activities

ACTIVITY 4: Blobs and Lines

Script:

- This activity is called Blobs and Lines. It will help us meet new people and get us moving around!
- We'll read off two different options. If we call out a BLOB, you'll get into groups based on that topic.
- If we call out a LINE, you'll line up in some sort of order! Yes, you can talk and we encourage it!
- Let's practice! Everyone get into four BLOBS based on what type of instrument you play: woodwinds, brass, percussion, or strings. Ready, set, go!
- Great job everyone!
- Now listen carefully as we announce if we are getting to BLOBS or a LINE!

Directions for SLT members: Choose from any of the ideas below. Alternate between blobs and lines as you like to keep the group engaged!

Blobs

- Get into blobs based on the color of your shirt
- Get into blobs based on your favorite season (fall, winter, spring, summer)
- Get into blobs based on the number of siblings
- Get into blobs based on your favorite candy
- Get into blobs based on your favorite type of pet

Lines:

- Line up by your birthday
- Line up by alphabetically by first name
- Line up by the time you woke up this morning
- Line up by the number of languages you speak
- Line up by your spiciness tolerance: mild to ghost pepper level
- **For older orchestras:** Line up by the number of years you've been in GTCYS

Next: Move onto another activity or thank everyone for participating and turn the time over to your conductor.