

Brain Food

Summary:

There is something almost spiritual about preparing food and feeding another person. Whether you invite them for dinner, or just bring them a snack, sharing food brings people closer together.

This simple team building exercise is designed to help coworkers break out of formal roles and forge deeper relationships. If you can help people become better friends, you've gone a long way to improving communication, teamwork, and productivity.

Step 1 Select a day of the week to designate as "Feed a Friend Day." Wednesdays often work well.

Step 2 Randomly assign a partner to each person.

Step 3 Announce that on Wednesday, everyone will be responsible for bringing in a unique snack for their partner. They are to talk to their partner beforehand to discuss their likes and dislikes, but no specifics (*they can say things such as, "I like cookies," but not, "Bring me Oreo's"*). Then, based upon that information, each person is to obtain or prepare a snack for the other and bring it in on Feed a Friend Day.

Step 4 The day before, send out a reminder to everyone to be sure to talk to their partner and to remember to bring in the snack the next day.

Step 5 Each week, pair everyone up with a new partner.

That's all there is to it. The beauty of this exercise is how simple it is. There are no terms to learn and no discussion points, just an office with employees who are becoming closer and a better team.