

Resource 2

Skills and Teamwork:

Working in teams

Instructions:

1. Select two or three of the team building activities below and have your class “compete” in groups of 8-10 (depending on class sizes). Or you can use some in your own repertoire, the purpose is for the students have experiences working as a team.
2. After the chosen team building activities is complete hold a discussion about what their team experience was working together. What worked well? What was challenging?

Count to 20

Have everyone sit in a circle. Anyone can start the count off or say a number at any time, the goal being to count from one to 20. However, if two people jump in at the same time to say a number, the count starts over. This game requires team members not only to be cognizant of the group dynamic but to work together—with limited communication—to get to the end.

Untangle a “Human Knot”

Have everyone squish together in a circle and grab hands with people not directly next to them. The goal, once everyone’s hands are interlocked, is to untangle yourselves without breaking the chain. You can make it even more challenging by not allowing people to talk or putting a time limit on it. It requires a bit of leg room to crawl over each other (not to mention an office culture where people feel comfortable holding hands—tread carefully with this one).

Give Out Blind Directions

Pair team members up and have one put on a blindfold—it’s then the other person’s job to direct them in making moves as best they can, whether that’s getting them to the other side of the office or having them complete a task like moving an object or drawing a picture. Have individuals who normally don’t work as closely together do this exercise, and it’ll help them practice communication and build trust.

Do a Silent Line-Up

Set a timer, and have people line up in various orders say, by height, birthday, or where they were born—without saying a word. Your team will learn a bit about each other while overcoming an unusual challenge.

Low-Tech Social Network

Map the connections between team members on a whiteboard. Teams create their “avatars”, then draw lines to show how they know other team members. This can work great as an ice-breaker at events where teams don’t know each other well.

Snap a Selfie

Give each of the groups a particular well-experienced image (e.g. first day of school, a day at the beach, my birthday or camping) and have them as a group create a still selfie that displays these experiences. Have the other groups guess what the static selfie is showing.