

## CORNERSTONE 2016 RESOURCE

### Team Building and Group Dynamics - Session 1, Specialty Track 1

<b>AUTHOR:</b>	Meir Balofsky
<b>SUMMARY:</b>	Series of activities and games designed to create a common bond between all participants. - Submitted by Meir Balofsky
<b>TOPICS:</b>	Camp-wide/Large Group Programs, Communication Skills, Community Building, Group Dynamics, Jewish Values, Sports & Games, Team Building
<b>LEARNING OBJECTIVE:</b>	Participants will understand that the key for creating a positive group dynamic is finding and establishing common ground through common values and experiences.
<b>AUDIENCE:</b>	ideally 20 people but can be done with smaller groups or larger groups up to around 40. Bunk counselors will gain much from this program
<b>LENGTH:</b>	75-90 Minutes
<b>APPENDIXES:</b>	
<b>MATERIALS:</b>	<ul style="list-style-type: none"> <li>➤ Markers</li> <li>➤ Bristol Boards</li> <li>➤ Large papers for airplanes</li> </ul>
<b>SETTING:</b>	A lot of space to move around

#### Session Description:

The session will begin with the leader standing on a platform (chair, table, whatever) and conducting the Number Sound Action:

“When I yell NUMBER 1 find any partner, give them a high five and yell Whooooo” - State that whenever you hear “Number 1” you must find that person and only that person and do the action and sound. Then yell “Number 1” twice (Make sure they only use the same partner)

“When I yell NUMBER 2 find a different partner snap your finger, point to them and say “you’re awesome” Yell “Number 2” twice - confirm everyone is doing it correctly and then yell “Number 1” again and confirm that everyone found their first partner and did the high five

Introduce number 3, 4, 5 - Each time with a new partner and then mix up the numbers to have the group run around doing the different sounds and actions

- 3 – Fist bump explode and yell BOOM
- 4 – Tarzan chest pound and yell “Me \_\_\_\_\_ (your name)
- 5 – Fish handshake – and say Fisheeee

Ask everyone to then sit in a circle.

I will introduce myself and welcome everyone to the Team Building and Group Dynamic elective.

I will state that this entire experience will not only give each participant an arsenal of fantastic group and team activities, but we’ll go meta and breakdown what the goals are and when to use them. We will learn how to make a group of strangers into a team. The session themes will be

- How to create common ground
- How to manage differentiated learning styles
- Building a community

Indicate that the reason that we began with that game even before any other introduction was done is because now a bond was created with 5 different people that has nothing to do with the “normal” stuff –



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not where you're from, where you're in school. That will come anyway.  
Now for the rest of the week, you have your "high five -number 1 partner".

Go around the circle – Say your name, you are from and if you could have dinner with anyone - all time history, not including family members who would it be?

This activity not only allows for introductions but even if you know the people in your group already, you may learn something about them that you didn't know before.

Note that I didn't ask about everyone's expectations for this series of sessions...yet. We all came here with thoughts about what this will be like and what they'll get out of it. At many camps there is a culture of making t-shirts and other "souvenir" garments with memories and nicknames from the experience.

Breakout 1 – Birth Months

Breakouts – are different ways to break up a group. Divide the group into 3 or 4 based on birth month. Jan/Feb/Mar April/May/June etc.

Explain that this can be used when the skills of the participants don't really matter and the exact number of participants per group don't matter either.

We all came to this session and to Cornerstone with some kind of expectations. To share them we will do the following:

### FIRST DAY SWEATSHIRT ACTIVITY

Give out a cut-out of a shirt out of paper. Also give markers. Instruct each group to design their END OF SESSION souvenir sweatshirt complete with nicknames that have not yet been established and memories that haven't happened yet.

Give no more than 7 minutes to complete the task.

Have each group present their sweatshirt design to the rest of the group.

The more people feel that they have in common with others around them, the more they feel a part of the group and the more they will want to contribute to the success of that group.

We all have our goals and expectations in every environment and group we find ourselves in, but to be successful in managing such a group we need to identify that things may not hold the same meaning for everyone.

State: When I say 'Shabbat Clothes' what do you envision? Take a few answers

State: When I say Israel - Choose one word that comes to mind - write down that down on a piece of paper and place it face down in the middle. Then shuffle the papers and redistribute it - Then have each person read what's on the paper.

Meta moment: There are some things that people tend to care more and care less if their opinions are ascribed to them in public. The first model people were sharing their own opinions publically and they had the option to decline to comment. In the second model it became anonymous.

### PICTURE FOLD GAME

Everyone is to receive a paper with a line drawn horizontally about 1/8 of the way down. They will have

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30 seconds to draw anything they want in the top part of the page over the line. Emphasize that in this case quantity trumps quality. So draw as much of a picture as possible as opposed to spending the whole time on the intricacies of a rose petal.

After they complete the picture, they are to pass the paper to the person on their left. Under the line, that person must caption the drawing on that paper. They then fold over the paper so the original picture is no longer visible but the caption is and then pass it again to the left. The new owner of the paper must now draw a line under the caption and then draw the picture that suits the caption. This is repeated twice more until there is a 4th caption.

Then everyone shuffles their position around the circle so it's no longer clear who has who's original. Everyone then takes a turn reading out their final caption and everyone needs to try and guess in their minds who has their original. Then everyone has to actually seek out their original and share what happened to their original with a partner.

Take a couple of volunteers to share out loud with everyone what happened to their original.

Explain that this helps demonstrate how something as simple as a 30 second drawing can be misunderstood so rapidly. Two people don't see the same thing the same way. There needs to be a real effort to bring people together in acknowledging a common goal

Breakout 2 – Times at camp / TV Shows you're missing / Grandparents from

This is a series of breakouts that are designed to help people discover common ground with others on a variety of topics.

- Get into groups by how many years you've been in camp
- Get into groups by what tv show you love the most
- Get into groups by where your grandparents are from

In the grandparent groups distribute 1 piece of large flip-chart paper and introduce the

### PAPER AIRPLANE CHALLENGE

Each group must make the best paper airplane including designing the airline name and logo on the aircraft. Give a few minutes to prepare the planes. When ready each team lines up and launches their plane. The furthest launch wins.

(If more time allows, they can make a commercial for their airline before their maiden launch)

**CLOSURE:** People crave finding common ground with others. That's why when all else fails we talk about the weather. Having shared experiences leads to a sense of team and from there common goals can be established. Today we explored how to take a group of strangers and make give them a broad range of common ground.

### **Additional Notes for Bringing it Back to Camp:**

This can be adapted for counselors to use for their bunks or unit heads for their staff.