

## CORNERSTONE 2016 RESOURCE

### Team Building and Group Dynamics, *Specialty Track Session 3*

<b>Instructor:</b>	Meir Balofsky
<b>Topics:</b>	Team Building, Group Dynamics, Sports Games
<b>Learning Objective:</b>	Discover how to take a group and then build a community. Discover methods for achieving team goals and establishing a real team, group identity and communal responsibility
<b>Audience:</b>	All ages
<b>Texts Utilized:</b>	First two paragraphs of the Shema - English and Hebrew
<b>Materials:</b>	<ul style="list-style-type: none"> <li>• Cucumber</li> <li>• Markers</li> <li>• flip chart paper</li> <li>• Ice</li> <li>• Water</li> <li>• Cups</li> <li>• Blindfolds</li> <li>• candy with coloured wrappers</li> <li>• Tennis ball</li> </ul>
<b>Setting:</b>	Any open space

#### Session Description:

Begin with pointing to the middle of the group and tell them that when they're pointed at they must yell "READY FOR!"

The next group you point to and tell them that their phrase is "ARE YOU!"

The third group is "ANYTHING!"

Point to each group randomly, and then repeat the correct order so there is a chant of "ARE YOU READY FOR ANYTHING!"

#### Rock Scissors Paper Water

Take up to 8 or 16 volunteers who are "ready for anything" and set up a bracket for a RSP tournament. The trick though is that both participants in each round will be blindfolded and the loser will be treated to a little ice cold water down their back, but they won't know who won or lost until the water goes down. Continue until there is a champion who didn't get iced

**Meta Moment:** The allows literally anyone to be a champion and is a fun twist on an old game that allows for a fun ice breaker even with old friends before having them accomplish a task.

#### Shema Yisrael

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Discuss the differences between the first and second paragraphs of the Shema - In the first paragraph the verses speak in the singular. In the second paragraph, where reward and punishment are discussed, the verses are in plural. The onus is greater on the community.

Question:

Situation - A rockstar is caught on film hitting their girlfriend / A star quarterback is caught on film hitting his girlfriend.

- Are they different?
- Will public opinion be different?
- How may this affect their careers?

Take answers for discussion

Conclusion: When you represent a team / city / school/ country - why are things different?

*Breakout – Candy Colours*

*Everyone chooses a candy from the bag. You must join the rest of the group that has your colour candy.*

### Team Building - Literally

In the candy teams the groups must create a team that people would be proud to be a part of - play for, cheer for, and wear on their chests. It can be a school, a city, a country.

Groups must design:

- A city / school / country name
- A Team name for competitions
- A coat of arms / crest
- slogan / motto
- A swearing in / pump up - citizenship style speech delineating the core values

Teams then present their new identities to the group.

**Conclusions:** Review the three main themes of the sessions. Building a common bond - Working with different learning styles to achieve goals and community building and communal responsibility.

Re-Do - NUMBER 1 from the first day.

Have the group reflect on how their relationships have changed over the 3 days with the people that they had to randomly find from the first session.

With any remaining time teach the cucumber game and then ask others to share other cool ice breakers and back pocket games.

- Cucumber game: One participant in the circle. The rest of the circle has to pass a cucumber from one person to the next and when the person in the middle isn't looking a participant may take bit out of the cucumber. The person in the middle must find the cucumbers location before it's fully eaten.
- Line up by middle name, line up by house street number of home address, line up by birthday without talking, line up by height without looking
- Ball pass: pass a tennis ball from one person to another in random order in the circle. Make sure everyone gets the ball once. Repeat the order and try to get from person 1 till the end in the fastest possible time.