Team Building and Group Dynamics

Specialty Track 3

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| **Author(s):** | Meir Balofsky |
| **summary:** | 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 *– Submitted by Meir Balofsky* |
| **Topic(s):** | Communication Skills, Community Building, Leadership Development |
| **Learning Objective:** | Bring the goal of the track to fruition by now taking a group with a common bond and sense of each person’s strengths to now build something real and with direction. |
| **Audience:** | All ages – 25 max |
| **TIMING:** | 90 minutes |
| **AppendiCes:** | none |
| **Materials Needed:** | Bucket. 4 bandanas for blindfolds, colored wrapped candies, Bristol board, markers, tennis ball, 9 hula hoops |
| **Set-UP DETAILS:** | Large space – no furniture |

**Session Timeline & Outline:**

Begin with pointing to the middle of the group and tell them that when they’re pointed at they must yell “ARE YOU?” The next group you point to and tell them that their phrase is “READY FOR!” The third group is “ANYTHING!” Point to each group randomly and then repeat the correct order until there is a chant of “ARE YOU READY FOR ANYTHING?” sounding.

**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.

*This game allows 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.*

Discuss the phenomenon of why team athletes are often held more accountable than others.

They are representing a group / team – something larger than themselves.

How does one behave differently if s/he is wearing a Star of David? A Kippah?

*Breakout 7 – Candy Colors*

Everyone chooses a candy from the bag.

You must join the rest of the group that has your color 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, etc.

Groups must design

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

Teams are then to present their new identities to the group.

**Conclusion**

Review the three main themes of the sessions:

* Building a common bond
* Working with different learning styles to achieve goals
* 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 following games:

* **Musical Memory:** Two participants leave the room. While they are out, the rest of the group must find two partners. With each partner they must think of a well-known musical lyric and each of them must commit to reciting /singing one half of the lyric. (1st person “Twinkle Twinkle Little Star”; 2nd person “How I wonder what you are”). This is to be done twice –with two other “matches” and two sets of lyrics. Then everyone is to sit in a circle and hold their hands out. One hand when it’s pointed to or touched will have the person recite their half of their lyric and the other hand for the other lyric.

When the participants return – much like the game “memory” – they must take turns trying to find the match by touching or pointing to one of the hands and then trying to find the counterpart. It must be done in the correct order. If a match is done, then the person gets another turn. If not, then the turn is lost. Keep score until all the matches are done.

* **TIC TAC TOE Relay:** Set up a Tic Tac Toe board made out of hula hoops. Two teams of 5 or 6. Distribute to each team 3 markers (bean bags / bandanas) They must run to the board and place a marker. The goal is to get three in a row. Once all three markers have been placed, if no winner has been determined, the 4th, 5th, etc. runner moves the marker to a different spot until one team wins. See a game demonstration at

https://www.youtube.com/watch?v=IRDp5HcZyVA.

* **Cucumber Game**: One participant goes into the middle of a circle of players. 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 cucumber’s location before it’s fully eaten.
* **Line Up:** line up a group 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 to the end in the fastest possible time.