Team Building and Group Dynamics (Part 3)
Specialty Track

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
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 • poster board • markers • tennis ball • 9 hula hoops • Paper • flip chart
SET-UP DETAILS:	Large space with 4 walls – 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 "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 to there is a chant of "ARE YOU READY FOR ANYTHING" is sounding.

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Rock Scissors TOURNAMENT / WAR / WATER

TOURNAMENT – Each person finds someone to compete against in Rock Paper Scissors – best of 3.   Once one person wins, the loser must chant the name of the winner and follow them around while they find a new challenger. All losers proceed to follow the winners (so if one was chanting the name of a player who beat them, and then that player was subsequently beaten, then everyone starts following and chanting the name of the new winner.   This continues until more or less half the room is behind and chanting for one finalist and the other half the other – until one champion is decided and chanted in unison.

WAR – Split the room – have half the group decide together what they will "fight" with – rock, paper or scissors (and have a back-up in case of a tie".)
Then both teams line up in the mid-point of the room. 2-3 feet apart, facing each other. On the count of Rock paper scissors – shoot. The entire team displays their "attack" – the 'winning' team must then chase the losing team back to their home wall – if they get tagged before they reach their wall, they join the winning team- repeat.

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.

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

- **Hula Hoop blindfold**. Split group into two – have them create a circle. Blindfold 4 random people in a circle of people. They all hold hands.   Goal is to have the hula hoop move around the circle without the circle being broken. The 4 blindfolded people will need the guidance of the people next to them to complete the task. Fastest to do it wins.
- **TIC TAC TOE Relay** Set up a Tic Tac Toe board made out of hula hoops. Two teams of 5 or 6 are formed. Distribute to each team bean bags, or 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.

    - Discuss the phenomenon of why team athletes are often held more accountable than others.
    - Representing a group / team – something larger than themselves.
    - How does one behave differently if they are wearing star of David ? / Kippah?

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 groups created by the candy colors, participants 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.

CREATE A CAUSE: The group must come up with a cause to promote / advocate. The cause should be camp-related and otherwise inconsequential. (Scrambled eggs at breakfast / Green slushies)   Something fun to rally around.

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 are then to 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/communal responsibility.

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.

- **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.