

16. Team Building Exercises

Exercise 1 (15-20 minutes)

Get into groups of two and choose person “A” and person “B”. Person “A” starts out by taking 3 minutes to share an experience (non-League) that has been one of the most important experiences for them (something that has had a lasting impact on their lives and why). Person “B” listens. After three minutes, you switch and person “B” shares their experience.

In sharing back with the full group, without retelling the story, person “A” shares one key piece of what they heard from person “B”, and person “B” shares one key piece of what they heard from person “A”. In other words, they share what really struck them about what they heard and share that with the full group. Do this sharing with just a couple of sentences.

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Exercise 2 (15-30 minutes)

Using name tent cards and markers – have each person write their name in the center of the card and then draw a small image of something that represents the following in each of the four corners of the name tent:

1. Upper left hand corner = Favorite Food
2. Upper right hand corner = Favorite Hobby
3. Lower left hand corner = Favorite Book
4. Lower right hand corner = Favorite Issue

Go around the room and have each person share name (especially if there are new people to the group) and for more established groups, what each of these images represents. This will help the group/team get to know things about the members of their team (other than what they discuss over regular business). It will help in finding new places for common bonds outside of League activities too, so you’re strengthening the social component of working together.

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Exercise 3 (15-30 minutes)

You will need flipchart paper, markers and masking tape to do this exercise. Determine how many teams you will have and plan one piece of flipchart paper for every 5 people. This exercise is meant to help build teams and understand the value of focus on the importance of share goals and objectives.

Break the whole group into teams of five. The person leading the exercise assigns a specific topic for the sentences. Without talking to each other, the team members in turn write a sentence on the chart paper one word at a time. The first person writes one word and passes the marker to the next person, who will then write one word and pass the marker to the third person until each person has written one word. The last person writes the last word and punctuates the sentence.

It is important for the exercise, that:

- the team is not to allowed to speak or communicate in any other way with each other while writing the sentence. Just write the word and quickly pass the marker along.
- the sentence make sense!

Ask participants if they have any questions before beginning the exercise. Have the teams write their sentence.

After the sentence is complete for each team, ask some questions of each team to help discuss this activity with the whole group:

- Read your sentence to the full group. What do you think of your sentence?
- How did you decide on what word to write first?
- How did you decide to what word would come next?
- How did you decide how to end the sentence?
- Was this easy or difficult to do? Explain why.
- How did you “communicate” without talking?
- Was anyone surprised that you achieved the goal?

You can finish this section by asking a final question of the whole group and posting their responses up on flipchart paper:

- What were some of the obstacles you had to overcome in order to achieve the goal?

As you close, you can observe that many of the obstacles they listed happen in everyday situations. What the activity shows us is that when we find a way to focus on a common objective, we can overcome many of the challenges we are facing. Even if the outcome is not perfect – like grammar in some of the sentences – we can still achieve some success by establishing an objective or common goal.