Teambuilding

**Project Skills:**
Following directions; group process

**Life Skills:**
Teamwork; problem-solving; communication

**Academic Standards:**
PE.A.1.3.1

**Grade Level(s):** 6-8

**Time:** 60-90 minutes

**Supplies Needed:**
- Poster board shapes
- Tape
- Masking tape (1 roll per team)
- Scissors
- Rulers
- Pens/pencils

**Not Supplied:**
- Music
- Cardboard boxes (4 per team)

**Advance Preparation:**
Cut poster board into shapes large enough to hold at least two people

**Acknowledgements:**
Can You Build It? Activity from Cincinnati Children’s Hospital Medical Center, Hemophilia Treatment

**BACKGROUND**
Most programs that deal with youth have those who do not fit in, who are bossy, who don’t get along with others. The following activities are to encourage cooperation and team building among youth in order for them to work together effectively.

Trust is a big issue in today’s world. Before youth can work effectively together, they have to trust one another. Try not to put youth in a situation where they have to compete with each other, instead give them an opportunity to gain a spirit of cooperation.

**INTRODUCTION**
Learning to cooperate with others is a skill that we all need to develop. Projects can be completed more quickly when everyone has a responsibility to the group, then everyone will feel good about their accomplishments. Youth and adults can learn to work cooperatively in order to get a job done. The following activities will give us practice working together to accomplish our goal.

**WHAT TO DO**
*Play “Islands”*

1. Tape several different shapes of poster board to the floor randomly around the room. Be sure each “island” has room for at least two players.

2. Say to the group:
   - We are going to play a game called “Islands”.
   - We have place several different “islands” around the room.
   - We are going to play music like musical chairs.
   - When the music stops you must immediately get onto an island-the more crowded the better.
   - Pull as many people onto the island with you as possible.
• The object is to get everyone pulled out of the water and onto an island in 3 seconds.
• We are going to repeat this activity moving around to as many islands and getting close to as many people as possible.
3. Play the game for about 5 minutes. If you can think of creative twists to add to the game, all the better

**Play Can You Build It?**
1. Divide the group into equal teams.
2. Give each team a set of supplies. Instruct the teams to build a chair using the supplies they’ve been given.
3. Give the teams a time limit and explain that they should work with their teammates to build the item, with the goal of producing the most functional item.
4. Do not give directions on how to build the chair.
5. When time is up, tell everyone to stop working.

**TALK IT OVER**

**Sharing:**
• What was it like to play a game where you have to help each other?
• How did it feel to belong to a group and then have to change during the game?

**Processing:**
• It is more fun to play a competitive game and have only one winner, or to play a cooperative game where everyone wins? Why?

**Generalizing:**
• Can you think of any other games or activities that you play where you have to work with others, instead of against them?
• Is cooperation important to group success? Why or why not?

**Applying:**
• What other situations might you be in when cooperation will be needed?
• Can you think of a project/activity a group accomplished because you worked together?
• Can you think of a project/activity your group would like to do together that you couldn’t do alone?

*This lesson developed by Monica Brinkley, Extension Agent IV, CED Liberty County*