



Project

„Challenge to work in team”

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„Liepājas Jaunie Vanagi”
Participants from Macedonia, Turkey, Portugal,
Spain and Latvia

Aim: *The project aims to appropriate leisure activities for children and young people, realizing their ideas. NFL workshops for school groups.*



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This is the tool of methods created by participants of the project for to use for team building activities for school groups in different ages 12-18 years old.

Here you will find:

- ✓ Group agreement method
- ✓ Energizers
- ✓ Ice breakers
- ✓ Team building activities
- ✓ Methods for evaluation

Energizers

Fair Trade Energizer

Ask the group to dance around the room and when the music stops follow the facilitators' instructions. Explain that there are five different actions, depending on what word the facilitator calls out:

Banana: Lie on the ground in a curve.

Coffee bean: Crouch down and jump up and down.

Tea: Mime drinking a cup of tea.

Cocoa pod: Get into groups of 3, two people hold hands, the third is the cocoa bean inside the pod.

Fair Trade: Everyone holds hands in a circle, and runs towards the centre - calling out 'Fair Trade' - then back out.

Ulee-leh

The group has to repeat everything the facilitator says and does. The facilitator acts as if they have something between their hands. They will repeat the same words several times while they move the imaginary object in their hands; every time the object becomes either bigger or smaller. In each round, they should also vary their voice and talk more loudly or more quietly. The words go as follows (the group repeats line by line).

Oh – uh leh-leh

Oh massa massa massa

Oh tiki tiki tonga

Oh aloheh – aloheh – alohaha!

The Banana Song

Everyone needs enough space around themselves to move their arms. The facilitator starts chanting the song, everyone can join in easily. While chanting, they move their bodies accordingly.

Form – ba-na-na – form, form ba-na-na

Form – ba-na-na – form, form ba-na-na

(Slowly move up your arms until the hands meet over your head)

Peel – ba-na-na - peel, peel ba-na-na

Peel – ba-na-na - peel, peel ba-na-na

(Slowly move down your arms again)

Mash –ba-na-na - mash, mash ba-na-na

Mash –ba-na-na - mash, mash ba-na-na

(Move the whole body as if you mash a very big banana)

Shake – ba-na-na - shake, shake ba-na-na

Shake – ba-na-na - shake, shake ba-na-na

(Shake your body)

Split – ba-na-na - split, split ba-na-na

Split – ba-na-na - split, split ba-na-na

(Move as if you split a very big banana)

Cut-ba-na-na – cut, cut ba-na-na

Cut-ba-na-na – cut, cut ba-na-na

(Move as if you cut a very big banana in small pieces)

Eat-ba-na-na – eat, eat ba-na-na

Eat-ba-na-na – eat, eat ba-na-na

(Move as if you eat a very big banana)

Bananas of the world – Unite!

(Stand still, clap all at once into your hands when you shout Unite')

Singing in the Rain

The group is standing in a circle, all facing one direction. They walk in the circle, singing the following song:

I'm singing in the rain
Just singing in the rain
What a glorious feeling
I'm happy again.

Then the facilitator stops, saying 'Hold it'.

The text is repeated by the group. Then the facilitator commands and demonstrates a special movement: Hands up (they demonstrate by stretching their hands forwards). The group repeats the command and does as demonstrated. Then everybody is dancing where they are standing (swing one's hips) and singing the following text:

A zumzaza, A zumzaza, A zumzazaza-aha

A zumzaza, A zumzaza, A zumzazaza-aha

Then they start again to walk and sing. The facilitator repeats all movements and adds another one (One movement in the first round, two in the second, three in the third, etc.). Movements are:

- Hands up (stretch arms forwards)
- Thumbs up
- Elbows back (press elbows against your hips, but stretch forearm still forwards)
- Knees together
- Toes together
- Head back
- Tongue out

Evolution

Everyone starts the game as a small tadpole, making themselves small and creeping on the floor. When they meet another participant, they play a game of 'stone, paper, scissors'. The winner becomes a chicken and continues going round like a chicken, making chicken noises. When they meet another chicken, they play 'stone, paper, scissors' again. The winner becomes a monkey and makes monkey movements and noises. When they meet another monkey, they play again. The winner becomes human and can stop playing. The game is over when everyone is human.

Ball with the name

Everyone stands in a circle. You start passing a ball to each other saying the name of the person you are passing the ball to. You have to remember from whom you received the ball and to whom you passed it. Everyone should get the ball once (the last person throws it to the first). Once the circle is closed, start again with the same order and keep on passing the ball. Add new balls of different sizes to the circle, always respecting the same order. Try to get every round, lots of balls should fly in the circle at the same time.

Ice breaking

Human machine

The aim of the game is to build a human machine. One person starts by making a noise and movement and repeating this over and over. One after the other all participants will join with a new movement and noise until everyone in the group is making up a loud and powerful machine.

The toilet paper game

We ask to each participant to take toilet paper as much sheets as they think they will need. When its done then we explain that they have to say about theyselves as much things as much sheets of toilet paper they have.

3 trues and 1 lie

Each participant got 1 sheet of paper. Split it in 4 equal squeres. In each of squere we ask to draw one thing about himself. But 3 have to be true and 1 false. After explaining all 4 things for the group, group have to guess which one is false.

Line in order

Everyone have to stand on one bench in line. Leader ask to stand everyone in one line on the bench in order by ages, but without talking. And by doing it noone can stand out of bench. When its done leader check if there is not mistakes. Then leader ask to stand again in one line but by order of house numbers where does they live. Now they can talk. Leader can ask stand by different rules till group doesnt make mistakes.

Team building

Self-responsibility: Moving Forward

Age: 8+

Group Size: 8-15 (or in several groups)

Time: 20 minutes

Objectives

- To explore self-responsibility in a co-operative task
- To be conscious of one's own role in a group

Step-by-step instructions

1. Mark two lines with a distance of approximately 5 meters.
2. Ask participants to line up in one row behind one of the lines. Their feet must touch the feet of the 2 people standing next to them.
3. Explain that it is their task to reach the other line. The only condition is that they can never lose touch with the feet of the people next to them.
4. If anyone is not touching the feet of their neighbours anymore, they have to go back to the starting line.

Debriefing

- What did you do?
- Was it easy or difficult? Why?
- How did you communicate during the exercise?

Self-responsibility: Helium Stick

Age: 8+

Group Size: 8-10

Time: 20 minutes

Objectives

- To explore self-responsibility in a co-operative task
- To be conscious of one's own role in a group

Materials

- A light weight stick (e.g. bamboo garden cane), approximately one meter long

Step-by-step instructions

1. Ask participants to line up in two rows facing each other and to hold out their arms and index fingers.
2. Place the stick on their fingers. Get the group to adjust their fingers until the stick is horizontal and everyone's index fingers are touching the stick.
3. Explain that the challenge is to lower the stick to the ground, while everyone's fingers are in contact with the stick at all times. Pinching or grabbing the stick is not allowed – it must always rest on top of the fingers. If anyone is not touching the stick anymore, the task will be restarted.

Debriefing

- What did you do?
- Was it easy or difficult? Why?
- Who was responsible for bringing the stick down?

Equity: Lucky Number

Age: 8+

Group Size: 4 or more

Time: 20 minutes

Objective

- To introduce the meaning of equity

Materials

- A dice
- A pack of playing cards
- Pens
- Papers
- A small prize

Step-by-step instructions

1. Each person in turns rolls the dice. The facilitator gives them the number of playing cards from the pack equal to the number on the dice rolled.
2. Play this for a few rounds, until you can see a clear difference in how many cards the participants have.
3. Ask the players to count how many cards they have.
4. The player with the highest score wins a prize.

Debriefing

- How do you feel now?
- Is this game fair? Why (not)?
- Are there things in real life that work just like this game? How?
- How could you make the game fairer?
- How could the unfair things in real life be made fairer?

River Crossing

Age: 12+

Group Size: 10-20

Time: 60 minutes

Objectives

- To develop co-operative ways of working
- To develop a sense of group
- To reflect on different roles and responsibilities in a group

Materials

- 4-5 A4 papers (if you are more than 20, have more papers)
- 2 ropes or masking tape

Step-by-step instructions

1. Set up the river banks with the rope or masking tape. Make the river wide enough so that it will be challenging for the group to get from one side to the other only by stepping on the papers.
2. Explain that the whole group has to cross the river as a team. Participants cannot touch the water (floor/grass) and therefore must use rafts (A4 papers) to cross. The water is filled with crocodiles. If someone loses their balance and touches the water, the hand gets eaten (must be put behind the back). If someone steps on the water with their foot, they cannot use this leg anymore. If a person completely comes off the raft the whole team needs to go back to the river bank and start over.
3. Rafts must be in contact with a human at all times or they will be swept away by the current. Once the group has started to cross, your role as a facilitator is to take cardboard squares that are 'swept away by the current' (that no one stands on) and to watch for safety issues. The participants will invariably split up and leave some rafts here or there with no one contacting them, those you should quickly take away.

Debriefing

- How did you feel during the exercise?
- What happened during the crossing? What worked? What didn't or what hindered the crossing?
- What roles did different people take? How so?
- Were you comfortable with your role?
- Who knew how to cross the river? How did you communicate the plans to group members?
- How could the co-operative values have helped you in this activity? Which ones?

Cow Shit Game

Age: 10+

Group Size: 5-30

Time: 45 minutes

Objectives

- To develop co-operative ways of working
- To develop a sense of a group
- To reflect on different roles and responsibilities in a group

Materials

- Chalk or masking tape

Step-by-step instructions

1. Mark out a grid of squares on the floor using tape or chalk.
2. Then, on a piece of paper, draw a corresponding map showing one safe route across the grid. The participants do not get to see this map.
3. Explain the group that the grid is a field that is covered in lots of cow shit. No one wants to step into cow shit, so the players have to figure out the only safe route across the field while walking in a single line and holding hands.
4. Once the crossing begins, they are not allowed to talk. If anyone talks, the whole group must return to the start. The group has to find the safe route across the field by trial and error and memory skills.
5. The first player in the line starts, choosing a route one square at a time (movements can be made forward, left or right).

Everyone

else follows in their steps.

6. If anyone steps on cow shit (according to the map), the group has to start again and the player who was at the front of the line must go to the back.

Debriefing

- How did you like the activity?
- What happened during the activity? What worked? What didn't or what hindered the process?
- What roles did different people take during the process? How so?
- Were you comfortable with your role?
- Who knew how to cross the field?
- How did you communicate?
- How could the co-operative values have helped you in this activity? Which ones?

Building Bridges

Age: 10+

Group Size: 5 or more

Time: 60 minutes

Objectives

- To raise awareness of different roles in your group
- To reflect on roles and responsibilities in team work

Materials

- Paper
- Masking tape
- Big stone

Step-by-step instructions

1. Split participants into groups of four to six. One person in each group will be an observer and cannot interfere in the group work.
2. Each group receives paper and masking tape. With these materials, they need to build a bridge. The bridge needs to be strong enough to hold a heavy stone and must cross a river that is at least 15cm wide and 10cm high.
3. While the groups are trying to fulfil the task, the observers should take note of the following:
 - How do the groups work together?
 - Who takes which roles (leader, builder, giving ideas...)?
 - What are their challenges?
 - What do they do well?

Debriefing

First ask the participants:

- How are you now?
- Are you satisfied with the work in your group?
- What role did you take? Were you happy in this role?
- How did you communicate? How did you take decisions?

Then ask the observers:

- How well did you think the group managed the task?
- How did they work together?
- What roles did people take?

Ask everyone:

- What would be a co-operative way to take decisions?
- What roles and responsibilities do you have to divide in your co-operative? How can you do this?
- How can you find out about skills in the group?
- How can you set rules for your group?

Spider Web

Age: 12+

Group Size: 10-30

Time: 60 minutes

Objectives

- To reflect on different roles and responsibilities in a group
- To create a strong sense of group

Materials

- Rope
- Markers and flipchart paper

Preparation

- Between two trees, create a spider web with many different holes (in groups for up to 15 people as many holes as people in the group) in different sizes. Each hole should be big enough for a person to fit through.

Step-by-step instructions

1. Explain that the whole group has to get to the other side of the spider web, using the holes in the web to pass through. The only rules are:

- Every hole can only be used by one person (in groups over 10 people: by 2 people).
- No one is allowed to touch the rope at any point. If someone touches, everyone has to go back to the start side of the web.

2. After 30 minutes (or after the group succeeded), break up and come together for the debriefing.

Debriefing

- Are you satisfied with the work of the group?
- How did you take decisions?
- Are you satisfied with your own contribution? Why (not)?
- What role did you take? What roles did others take?
- What would be a co-operative way to take decisions?
- What roles and responsibilities do you have to divide in your co-operative? How can you do this?
- How can you find out about skills in the group?
- How can you set rules for your group

The Egg Challenge

Age: 10+

Group Size: 5-30

Time: 60 minutes

Objective

- To reflect on different roles and responsibilities within a group

Materials

- Eggs (one per group of four people), • String, • Paper, • Tape,
- 2 balloons per group, • 2 straws per group

Step-by-step instructions

1. Split up in small groups of 4 or 5 people and give an egg, some sheets of A4 paper, one role of masking tape, one meter of string, 2 balloons and 2 straws to each group.
2. Each group has one observer (this can be done by participants or group leaders). The observers are not allowed to interfere, but must observe how the group manages their task.
3. Explain that their task will be to throw the egg from the first floor of a building (or another high place) without breaking it.
4. They have 30 minutes to prepare their eggs for the flying contest and can only use the materials they received.
5. After 30 minutes, let the groups throw their eggs and see whose egg survives.

Debriefing

First ask the participants:

- What happened? Did you manage to throw the egg without breaking it?
- How did you do it?
- How did it feel to achieve or to fail the challenge?
- How did you agree on the way to prepare the egg?
- How did you feel during the preparation?
- What role do you think you took on? Were you happy in that role? Why (not)?

Then ask the observers:

- How well do you think the group managed the task?
- How did they work together?
- What roles did people take?

Ask everyone:

- If you did it again, would you do it the same way?
- What would you change? Why?
- Why did you fail or succeed?
- What would be a co-operative way to take decisions?
- What roles and responsibilities do you have to divide in your co-operative? How can you do this?
- How can you find out about skills in the group?

The Bottle Challenge

Age: 12+

Group Size: 7-30

Time: 60 minutes

Objectives

- To consider different roles and responsibilities within a group
- To build a strong sense of group
- To reflect on the benefits of co-operation

Materials

- Bottles (one per group of 7-9 people)
- Tape
- Flipchart paper and markers

Step-by-step instructions

1. Form small groups of 7-9 people. For each group, put a bottle on the floor and mark a line with masking tape approximately one meter away from it.
2. Explain that their task is to get the bottle that contains a magic potion, and not to step into the area behind the masking tape. This is poisoned water and strictly restricted area.
3. Let the groups try to reach the bottle.
4. When they have succeeded, put the bottle approximately 2m away from the masking tape (it should be in more or less the reach of the tallest participants when they lie down and stretch their arms out).
4. Let the groups try to reach the bottle.

Debriefing

- What happened? Did you manage to get the bottle?
- How did you do it?
- How did it feel to achieve or to fail the challenge?
- How did you agree on the way to get the bottle?
- How did you feel during the process?
- What role do you think you took on?
- If you did it again, would you do it the same way?
- What would you change? Why?
- What would be a co-operative way to take decisions?
- What roles and responsibilities do you have to divide in your co-operative? How can you do this?
- How can you find out about skills in the group?
- How can you set rules for your group?

The facilitator should take notes of the last points on flipchart paper

Rope track

General idea of this is to do in practical way everything we learn together, doing some simulations and speaking about it. During those rope activities, everyone are responsible not just about himself, but also about group.

Different age groups, requires different level of responsibility and different tasks. During activities we found out some common things and divide them as following:

Age 9-11 Kids can do just basic things on rope tracks. Its because they are afraid a bit and also they physical status doesnt allow them to do everything older scholars do. Strong supervision necessary all the time. Leaders must keep in eye everybody and also double check all security questions.

Age 12-15 They think they are not kids anymore, but in fact they are. Diference sometimes is- smaller kids more listen to leaders, but this age, well... depends. Can do almost all rope activities, but again supervision must be high level.

Age 16 and up- they are pretty good in helping each other. Of course again- leaders must take care of supervision, but in that age, most of them really take care of each other and helping not just by comenting, but really do practical stuff, like lifting a person, rechecking safety belts etc.

During our project we mainly focusing on those 3 activities

1. Crossing the river. There are rope between two trees and all team must reach othet side using rope and security belts. This is best activity, even its not involve everyone in one time work, but most of people helping each other to geto n a tree, put security belts, check it once again and support each other with giving advices on a way to other tree. On the other side, people helping to finish a track, remove safety belts and helping get out of the tree. Of course main idea is to reach other „ shore” by not touching a ground. And it always works 😊 Difficulty- medium. Time- aprox 3 to 5 min per person + evaluation in the end.

2. Paralel ropes. There are two ropes between 2 trees, one higher, one lower. Everyone need to cross this distance by holding higher rope and moving his feets on lower one. Person is secured by belts to the higher ropes in case he/she will fall. Its a good challange for individuals, but also builds good team spirti. Difficulty medium. Time- aprox 4-7 min per participant

3. Holding each other. This is one of most powerful and nice activities. There are 2 ropes which starts close to each other, and then goes wider. Couples start to moving forward, holding each other hands. If you reach end of rope, you are almost lying horizontaly, and only thing is make you stabule, is your partner hands. Its hard activity, but makes you feel a lot of trust in your partner. Sometimes we noticed that people who cant get quite along together in class, are pretty good in this activity. Time- around 30 seconds to 10 min each couple (depends how far they can go)



Evaluation

Everybody is sitting in the circle. In the circle is one empty chair. Each person one by one go and sit on empty chair and say one thing about today. Those who agree about the sayed go and sit in lap to this person.

Everybody is staying in to the circle. Leader is saying contention about today. Participants have to evaluate this contention – those who agree totally go closer to the middle of the circle, those who dont agree step out of the circle. Leader repeat other contentions till is evaluated each day objective. Example: „Today I get to know more my classmates.” Or „After today I will work in team with my classmates”.



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