

ASB Team Building Ideas

(All Ideas Borrowed!)

Activity: Quarter Squeeze Relay

Materials: A coin, a stuffed animal, and an odd-number of participants

Procedure:

- Clear a large space in the center of the classroom.
- Have anywhere from 10 to 20+ kids pair up facing each other. Have them turn back to back, sit on the floor shoulder to shoulder, and hold hands.
- The pair that is closest to the front of the room can turn to face each other.
- The “odd-person out” will sit with these two people to form a triangular grouping, facing the back-to-back line.
- The “odd-person out” is the coin-flipper. The other two in the triangular grouping are the lookers. Everyone else is a squeezer, except the last in each row, they are the grabbers. They grab the stuffed animal that will be placed about 6 feet (2 m !) away.
- The squeezers and grabbers have their eyes closed.
- The game is played when the coin is flipped. The lookers are instructed that they can squeeze the hand of the person next to them when the coin shows HEADS and do not squeeze when the coin shows TAILS.
- Hands are squeezed in a relay-type race until it reaches the grabbers, who lunge for the stuffed animal. The team who gets the stuffed animal gets a point.
- If a team “squeezes on TAILS”, the other team automatically gets that point.
- Repeat the relay as many times as you feel necessary. We had games lasting over 30 minutes.

Discussion:

The lesson in this game is teamwork. I had very successful discussions with my classes regarding which member of the team was the most important – the flipper, the looker, the squeezer, or the grabber. Our discussions included which groups in our school (student body, student council, staff, administration) were the flippers, the lookers, the squeezers, and the grabbers.

****credit: Phil Boyte****

Huggy Bear

A group stands in a circle, one person stands in the middle and calls out a number. The larger group then runs about and creates smaller groups of people (of whatever number was called out) and hugs them. Inevitably people get left out of the group hugs and are then “out” of the game. The group hugs end and another number is called out. The process continues until there are only two people left.

Oh Captain My Captain

1. First, the participants should stand around randomly in a clear, open area. Ensure the area is sufficient for them to run around.
2. The facilitator will give a command and the participants have to react accordingly:
 - ‘Captains on the Deck’ – where everyone stands at attention, salutes and say “Aye, aye captain”
 - ‘Lighthouse’ – a 2 person combo where one person stands up straight while the other circles around him/her.
 - ‘Man Overboard’ – a 3 person combo where two people hold each other’s hands and the third person stands in between them looking overboard while turning right and left.
 - ‘Row the Boat’ – a 4 person combo where participants line up and pretend to row a boat.
 - ‘Hoist the Sails’ – a 5 person combo where participants stand in a circle and pretend to pull the sails up the mast.
3. After each command, there will be some participants that didn’t manage to find a group. They are eliminated and will be spectators until the end of the round.
4. The last few survivors left standing will be declared the winners.

Tower Challenge

Materials

For this activity you need some building supplies such as:

- Paper Cups, plates, bowls
- Popsicle Sticks or coffee stirrers
- Cheap pens or pencils
- Construction Paper or cardboard
- and you must have some tape (masking tape works best)
- a bag of candy or another similar prize with enough for everyone (alternatively you can just use "bragging rights" as the prize)

Set Up



Team Strategy

Before the activity, you need to make a packet of supplies for each group. Divide your class into groups of 4-5. If you have less than 12 people, this is probably not the right activity for you. The key here is to divide the supplies unevenly, but put them in a closed bag or box, so that participants can't see that each group is getting a different set of supplies. Each group should have a lot of one supply, and only some of the other supplies.

For example:

Packet #1 -

- 1 roll of Masking Tape
- 10 Paper Cups
- 5 Popsicle Sticks
- 4 sheets of construction paper

Packet #2

- a 12" strip of Masking Tape (wound around a pen)
- 25 Paper Cups

- 5 Popsicle Sticks
- 8 sheets of construction paper

Packet #3

- a really small piece of Masking Tape
- 10 Paper Cups
- 35 Popsicle Sticks
- 1 sheets of construction paper

Directions



Planning the Team Building Activity

Big picture: The participants work to build the tallest free-standing tower they can with the supplies given.

Begin by randomly dividing participants into small groups and organizing the groups in different areas of the room. Ask for a representative from each group to come to a separate space (center of the room or a separate room) to receive instructions and materials. Pass out one bag of supplies to each group representative.

You should then introduce the representatives to the activity by simply saying "This is an activity to work on communication and collaboration, and the goal is to build the tallest free standing tower you can with the supplies in the bags. There will be prizes (or bragging rights) for the winners."

You should be careful to introduce the activity without giving too much context or answering too many questions. Again the key here is that each group will have a different set of supplies but the facilitators should make sure this is not immediately obvious. Once it becomes more obvious, the facilitators should neither discourage or encourage collaboration and sharing. The vast majority

of participants when divided into groups, will assume they they should be competing against the other groups but you should not specifically say it is a competition. You will address this in the debrief questions based on the groups' choice to collaborate or compete.

Answer questions at this point. Try to be very general in answering questions from the representatives. If they have specific process questions, it may be helpful to say something like, "you have received all the instructions I can give you. You and your group will have to figure out the rest".

Then announce that the representatives will return to the groups, and once they return, the facilitators will not answer any more questions. The facilitators should not answer any questions so that the groups are forced to figure out how they want to build on their own. If the groups decide they want to collaborate, the facilitators should neither encourage or discourage them (this will come up in the debrief).

Announce that they have ~20 min to build, and let the building begin.

Some groups will spend time coming up with a detailed strategy, others will just dive right in. Some may start to notice that they don't have much tape, or that the other groups have more popsicle sticks.

After a few minutes of building you have a few choices.

- You can ask for representatives to come to the center of the room and report to the other reps one thing they are doing well and one challenge they are having.
- You can have everyone stop building for a moment and walk around and see other teams' progress so far

Again, the facilitators should not answer any questions, and should not encourage or discourage collaboration! It is important to try to deflect... so if they ask, "How come they have so much more tape?" you might say "Sorry, I can't really answer any questions at this point, but it looks like you are making good progress."

As they start to see that other groups have different supplies, some will respond by questioning, some will try to beg, barter, or steal supplies, and some will just resign themselves to the fact that

it's not fair and will continue to focus on working with what they have. Make notes of it all, and save it for the debrief.

Debrief



The Tallest Tower Team Building Activity

Because of the unequal distribution of supplies, in order to build the tallest tower possible, the groups really have to all merge and share supplies. But because you divided them into groups, and that implies competition to most people, very few participants will try to suggest that the groups collaborate or share supplies. Even if someone in the group suggests it, it is not likely that everyone will agree to it.

The facilitators should ask the following questions of the entire group.

- Raise your hand if you helped build a tower!
- What worked well?
- What challenges did you encounter and how did you overcome them?
- Did you build the tallest tower you could? Why or why not?

Add the following questions if the groups did not collaborate or share supplies:

- Did you assume that you were only supposed to collaborate with those in your small group?
- What would have been possible if you had decided to share resources with the whole group?
- Would you have had a taller tower?
- Why didn't you?

Add the following questions if the groups collaborate:

- How did you come to the decision to collaborate?
- What became possible once you made the decision to share resources?
- What was challenging?

And then to make the issues really hit home, you need to tie it back to collaboration and communication on your specific team or group:

- How does building the tower in this activity compare to your daily work? or the way our group is organized?
- How does this activity relate to being part of the larger company, organization, or group?
- How can we encourage collaboration, communication, and sharing among the whole group?

Directions: "ME MASKS"

The play, "Bang Bang You're Dead", written in 1999 by William Mastrosimone was written to raise awareness about school violence and its causes. The following lines express the play's message about the painful truths many people in high school are hiding:

MICHAEL

So you make your face a mask...

MATT

A face that hides the pain

KATIE

A mask that hides your face

JESSIE

A pain that eats your heart

EMILY

A heart nobody knows.

We all hide our truths from each other, sometimes to keep the pain or feelings of shame away. But the truth is, by reaching out and connecting, we build the relationships that support us, encourage us, and ultimately make us feel like we belong in our community. So much of the pain people feel is the result of feeling enormous pressure- pressure to perform, pressure to "show up" in relationships and pressure to be all the things that are expected of us. And it's all too easy to feel like we're the only ones experiencing it. We push each other away when we could be drawing close. We ignore others' pain when we should be offering support. We close ourselves off when we could be building community.

Make a mask with one side as the face you show the world, and the other as the side you keep mostly hidden from others. Explore the roles and identities you feel you "have to be" in society, as well as the feelings you stuff inside and the parts of yourself that few know about.

This is an extremely personal assignment, and as we present and explain our masks it is expected that everyone will be treated with kindness, respect, and close attention. Challenge yourself to be as open as possible, but don't share anything you don't feel comfortable with others knowing. It is expected that you will keep what is said in the presentations inside this room only and not share it with anyone outside of Leadership. Anyone who does not follow this may be jeopardizing their position in the class, as well as the safety and security of our classroom community.