ACTIVITY 1

THE GREAT TEAM CHALLENGE

SKILL/S COVERED: Teamwork and relationship building
APPROXIMATE TIME NEEDED: 50 minutes
AGE GROUP: 10-13 years old

BRIEF INTRODUCTION
This activity is designed to enhance teamwork and build strong relationships among students. Through fun and collaborative tasks, students will learn the importance of communication, cooperation, and trust in working together towards a common goal.

AUTHOR OF THE TOOL/EXERCISE WITH REFERENCING LINK
A team from “Prof. Ivan Apostolov” high school based on theories for teamwork, emotional intelligence and Tuckman's model for Team development stages.

GOAL
To enhance students’ conflict resolution skills by practicing negotiation and compromise in a supportive and fun environment. To foster teamwork and strengthen relationships by engaging students in cooperative tasks that require effective communication and collaboration.

NUMBER OF PARTICIPANTS
Suitable for the whole class; students work in small groups.

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NECESSARY MATERIALS

- Various building materials (e.g., straws, tape, paper, string, building blocks)
- Blindfolds
- Timer or stopwatch
- Reflection sheets or journals

DETAILED DESCRIPTION

INSTRUCTIONS

1. **Introduction to Teamwork:**
   - Start by discussing what teamwork means and why it's important.
   - Explain how good communication, cooperation, and trust are essential for successful teamwork.
2. **Team Building Challenges:**
   - Divide students into small groups of 4-5 members.
   - Explain that they will participate in a series of fun and challenging activities designed to test and improve their teamwork skills.
   - Allow each group to come up with a team name to build team identity.
3. **Activity 1: Building Challenge**
   - Provide each group with building materials and challenge them to construct the tallest free-standing tower within 15 minutes.
   - Encourage them to plan, assign roles, and work together to complete the task.
4. **Activity 2: Trust Walk**
   - Pair up students within their groups.
   - Blindfold one student in each pair and create a simple obstacle course.
   - The sighted partner must guide the blindfolded partner through the course using only verbal instructions.
   - After completing the course, have partners switch roles.
5. **Activity 3: Human Knot**
   - Have each group stand in a circle, reach out, and grab the hands of two different people who are not next to them.
   - The challenge is to untangle the "human knot" without letting go of hands.
   - This requires communication, patience, and cooperation.
6. **Reflection and Discussion:**
   - After completing the challenges, gather students together to discuss their experiences.
   - **Reflection Sheets:** Provide each student with a reflection sheet or journal to write about their experiences and what they learned about teamwork and relationships.

DEBRIEFING QUESTIONS

Use the following debriefing questions:

1. What strategies did your team use to succeed in the challenges?
2. How did you communicate and cooperate with your teammates?
3. What was the most challenging part of working as a team, and how did you overcome it?
4. How did these activities help you build trust and relationships with your classmates?

OTHER USEFUL INFORMATION

- Encourage students to be supportive and positive towards their teammates.
- Remind students that making mistakes is a part of learning and teamwork.
- Consider doing these activities regularly to continually build and strengthen teamwork skills.

This activity not only helps students understand the value of teamwork but also builds trust and strengthens relationships through fun and collaborative challenges.

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