Quick Training Tips

**Title:** Create Your Own Team Building Activity

**Focus:** Communication, creativity and problem solving

**Time:**
- Total 60 minutes
- 5 minute briefing
- 15-20 minutes planning
- 20 minutes doing activities
- 10 minutes discussion

**Objectives:**

1. Challenge small groups to create their own team building activities that develop your group’s goals

**Materials needed:**
- No equipment necessary, but tossing in a few objects could make for interesting outcomes.

**Introduction:**

This activity involves small groups in designing and presenting a new group activity. A challenging exercise which requires all the elements of teamwork - communication, goal-setting, planning, cooperation, creativity, task orientation, etc.

**Directions:**

1. Challenging exercise best presented late in a program
2. Divide a larger group into smaller groups of 4 to 5
3. Give groups 15-20 minutes to come up with a challenging small group activity.
4. The catch: The activity should be one that the group believes it can do better than any other group!
5. Then all groups come together and take turns to present their activity.
6. Groups earn points if:
   a. No other group can beat them at their activity (+2)
   b. Can do another group’s activity (+1)
7. Be warned: This is harder than it sounds - requires all elements of team work including creativity, communication, trust, problem-solving, time management, etc.
8. To help groups succeed, the facilitator checks in with the progress during planning. Help with ideas or problem-solving strategies if the group is struggling.

Reference: Adapted from: [http://wilderdom.com/games/descriptions/CreateYourOwnTeamTask.html](http://wilderdom.com/games/descriptions/CreateYourOwnTeamTask.html)
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Discussion Questions:

1. How do the activities meet our group’s goals?
2. How can we benefit in the future from these activities?
3. How did we benefit from today’s activities?

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