

# Teambuilding Guide

## Why Team Building?

Teambuilding is a fantastic way to introduce important life skills such as teamwork, creative thinking and cooperation.

- Through such activities, girls learn more about their capabilities and stretch themselves to achieve goals that they may have thought unattainable. The self-confidence that they gain through successfully completing team building games can transfer over to other aspects of their lives such as school, extra-curricular activities and family.
- Another benefit of team building activities for girls is that they get to develop their social skills. Team building games typically require participants to work closely together to attain a desired result. Girls learn how to communicate, articulate their ideas and compromise with others during the course of a group game.

## Teambuilding for Children

When it comes to team building activities for girls, there are two key criteria: simple and fun. It's important to keep younger children, who have shorter attention spans, engaged during the activity. Using a fun group game keeps them focused and minimizes the possibility that they will lose interest and simply refuse to participate. Because of their younger age, it is important that the activity and its end goal is easy for them to understand.

- Simple and fun group games for girls can still provide a great learning experience. Experiential learning has a huge impact on children as they learn more effectively through engaging their senses, and interacting with others and with their environment.

## Types of Teambuilding Games

- Communication Games: Team building games that encourage communication between teammates give girls the opportunity to pick up communication techniques and learn how to better share their ideas with their peers.
- Teamwork Games: Group games on teamwork teach girls how to cooperate with each other. They learn **how to respect each other's point of view, interact in a positive manner and work together towards a common objective.**
- Trust building Games: Trust building activities allow girls to learn interpersonal skills. It also helps them to build relationships with their peers and allows them to better relate with each other through a shared experience.





## Facilitating Teambuilding Games

The unique challenge of delivering team activities for girls is that you actually have to first capture their attention and interest. Girls are usually quite excited at the prospect of a game or a fun, physical activity. But before they can start the game, they first have to listen to the instructions.

- Use a normal speaking tone when addressing a group of girls; raising your voice can often result in them raising their volume as well and that can lead to chaos. Instead, use gestures and non-verbal communication to get their attention and lower their noise level. Resist the urge to speak over them; only speak when they are quiet and attentive.
- Keep the mood of the activity light and fun. Children typically do not respond well in serious or tense environments, so we recommend playing up the ‘game’ aspect of the activity and focus their attention on achieving a successful outcome.
- **Don’t shy away from reviewing the activity at the end. Ask questions that encourage the girls to reflect on their experience and what they learnt.** Girls are often smarter and more insightful than we give them credit for. Get them to articulate their thoughts and feelings about how the game went and this will reinforce the learning.

## Safety During Team Building

Safety is a key concern during group games.

- Be sure to conduct a proper **risk-assessment of the venue you’ve selected** and check that the activity area is clear of anything that could hinder the action or harm the participants.
- Monitor the group and lead activities in a progression; start with simpler activities and then move gradually up to more complex ones. If the group **doesn’t seem able to handle a game, don’t move on to a more complex or physically strenuous one** until they show they are ready.





## Teambuilding Games

Below are a few “**tried and true**” teambuilding games.

### Categories

A fast paced way of getting to know commonalities among group members.

1. Ask the group to divide into smaller groups according to a category, i.e. yell out eye color or shoe size, clothing color, type of pet or toothbrush color, favorite color, hair color, people with number of brothers or sisters, etc, any appropriate category.
2. When you yell a category, the girls have to group together with others who share the same category.
3. Make it fast-paced and keep the girls moving!

### Dot-to-Dot

A non-verbal communication game.

1. Fix a colored dot onto the forehead of each participant.
2. Ask the participants to stand up and move around the room in silence.
3. Participants must find out what color their dot is without talking.
4. Once they know what color their dot is, they find others with the same color and that will be their group.
5. This is a great game for encouraging non-verbal communication. **Don't forget to give some thought to how you want to mix the groups.**


### Sinking Island


This game requires a good deal of strategy in addition to team work. Its rules are deceptively simple: The entire group must find a way to occupy a space that shrinks over time, until they are packed creatively like sardines.

1. Have the girls take off their shoes and all stand on a piece of fabric.
2. Once they are all on, have them step off and fold the fabric in half. Have them all get back on again.
3. Keep making the fabric smaller and smaller, challenging the girls to all fit on it.

### Giants, Wizards and Elves

This activity is a bigger version of rock, paper, scissors combined with tag. Place a beanbag line on either side of the playing area—**the team is “safe” behind their beanbags.**

1. This game involves two teams who will act as one of 3 characters: giants, wizards, and elves. When a player acts out a character, she does the specific hand motions and also makes the noise associated with the character.
    - a. **Giants.** Stand on your tippy toes, raise your arms like a giant, and make a menacing growling noise: **“Rarrr!”**
    - b. **Wizards.** Crouch slightly, as wizards are a bit shorter. Wave your fingers as though you're casting a magical spell, and make a magical noise: **“Shaazaam!”**
    - c. **Elves.** Crouch down very low, cup your hands around your ears, and make a high pitched elf noise: **“Eeeee!”**
  2. Make sure everyone knows the motions and sounds. Feel free to practice until everyone knows how to become each character. Split everyone into two teams and divide them into separate sides of the room.
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For each round, both teams huddle and choose to become a giant, wizard, or elf. When ready, both teams then line up and stand facing each other, about five or six feet apart. At the start of each round, the leader says **“Three, two, one, go!!”**

3. At this point, each team acts out the character they chose (giant, wizard, or elf). As soon as they do this, **the winner tries to tag the “loser” — as many people over to their side as they can. The “loser” tries to retreat back to their own side to be safe for that round. If captured, a person now belongs to the other team. The following determines who beats who:**
  - a. **Giants beat elves, because giants are able to “squash” elves.**
  - b. **Elves beat wizards because they outsmart them. Elves chew at their legs.**
  - c. **Wizards beat giants because they are able to zap them with a magic spell.**
4. If both teams show the same character, no one wins. Rounds keep repeating until one team wins the game (the other team is completely captured).

#### Mr. Cluck


1. As for a volunteer to be the dragon. Explain to the group that the rubber chicken, Mr. Cluck, is very important to you, and the dragon has stolen it! You need the group to rescue it for you.
2. Place a beanbag on one side of the play area, and have the dragon stand across the play area facing away from the beanbag. Behind their back, Mr. Cluck will be set on the ground.
3. **The group can only move when the dragon’s back is turned to them. If the dragon turns, they must freeze so the dragon cannot catch them.**
4. They must try to sneak up and rescue Mr. Cluck AND get him all the way back to the starting line. If the dragon turns around and Mr. Cluck is still on the ground behind her, she will turn back around and play will continue. If she turns around and Mr. Cluck is gone, she has three guesses to see who has him. If she catches them, **Mr. Cluck goes back on the ground and the group must start over. If she doesn’t catch them, then they get to continue moving once the dragon turns back around.**
5. After the group tries once, they will likely get caught right away; they should realize they need to come up with a strategy in order to successfully get Mr. Cluck to safety.


#### Toxic Waste

**Equipped with just 2 ropes, the group must work out how to transport a bucket of ‘Toxic Waste’ and return it back to the safe zone without tipping over the contents.**

- Create the toxic waste radiation zone by using a rope to create a circle of around 8-10ft in diameter on the ground. The bigger the radiation zone, the more challenging the activity becomes.
- Fill the bucket with balls and place it in the center of the radiation zone.
- Put the 2 ropes on the outside of the radiation zone, ready to use.

#### Instructions

1. Explain that the challenge is for the group to work out how to transport the toxic waste bucket in the radiation zone to the safe zone using only the equipment provided. The team have just 20 minutes to complete the challenge, if they are unsuccessful, the waste will blow up and destroy the world.
  2. Anyone who enters into the radiation zone will suffer a fatal injury. Therefore, the group should aim to remove the toxic waste and do so without injury to anyone.
  3. The rope circle represents the radiation zone. Emphasize that everyone must maintain a safe distance from the toxic waste wherever it goes, and stay out of the radiation zone.
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4. Allow the team 5 minutes to discuss and plan for the challenge. During this period, no one is allowed to attempt to retrieve the toxic waste.
  5. **Using only the two ropes provided, the team must get the toxic waste to the “safe zone”.** If someone enters the radiation zone, then initiate a penalty for the rest of the challenge, such as loss of limbs (hand behind back) or sense (blindfold the participant or tell them they cannot speak).

