

# MAKE A TEAM WITH...

In this activity, team members must act quickly to form small teams based on instructions that you shout out. The aim is to strengthen communication and help teach participants to “think on their feet” when needing to make quick decisions.



15-20 minutes



Minimum of 10



None

Source: Adapted from Mindtools

## DEBRIEF *(following the activity)*

- How did you communicate during this activity?
- What communication strategies worked well?
- What communication strategies did not work well?
- What communication strategies could we embed into our day-to-day environments to help make communication more effective?
- Were you surprised by what you had in common in the room?
- Were you surprised by differences in the room?

## WHAT TO DO



1. Explain to participants that they will have to form a team based on the instructions that you shout out. For example, some instructions could include getting into a team with people who have the same number of children as you, or getting into a team with people who are born in the same month as you.
2. As the facilitator, shout out the instructions for the team request. Encourage participants to work as quickly as possible.
3. Once a team is complete (i.e. all the people in the room with two children have come together), participants can shout out or sit down to signal that their team is finished.
4. Repeat the exercise as many times as you want.