



# Ohio 4-H Teen Leadership Council Reaches Out

## Team Building

### Intended Audience:

- Teens (14-18 years old)

### Lesson Objectives:

Session participants will:

- Be exposed to different team building activities.
- Develop skills necessary to facilitate team building activities in their own clubs.

**Time:** 30-45 minutes

### Equipment and supplies:

- **Back to Back Drawing (Need one per person):**
  - blank paper
  - writing utensil
  - printouts of picture option (1 different one/person)
- **Salt and Pepper:**
  - Tape
  - A piece of paper for each person, with one of the well-known pairs written on it (i.e. peanut butter and jelly, Mario and Luigi, salt and pepper, etc.). These can be printed off or written onto note cards or another piece of paper.
- **Toxic Waste:**
  - 1 small bucket
  - 1 large bucket
  - 1 rope-at least 8 feet long (masking tape may also be used)
  - 1 rope-approximately 2-3 feet long (masking tape may also be used)
  - 8 pieces of string-approximately 12 inches long/per group
  - 1 rubber band/per group
  - 8 plastic or tennis balls

### BACKGROUND

Team building is an essential tool when you are trying to create a team that works cohesively. Teamwork is very important because when a team has developed the ability to work together they work more efficiently. The trust that is needed for a team to work productively and communicate well can be enhanced when groups participate in team building activities. Team building also creates a certain level of respect that is needed for a team to be successful.

### WHAT TO DO

#### Activities:

The following activities can be conducted in any order. You can select one or more of the activities depending on your space and time constraints. Select the activity that will work best for the group's needs.

#### Back-to-Back Drawing (15-20 Minutes)-

- Split your group into pairs and have each pair sit back to back. (One person gets a picture of the printout of a picture, and the other gets a blank piece of paper and writing utensil.) Make sure to use different pictures among the group.
- The person holding the picture gives verbal instructions to their partner on how to draw the shape or image they've been given (without simply telling them what the shape or image is).
  - The person drawing can ask clarifying questions.
  - Partners are not to look at the pictures.
- After a set amount of time, have each set of partners compare their images and see which team drew the most accurate replica.
- If time allows, have the pairs change roles, so the person who gave instructions is now drawing and the person who was drawing is now giving instructions.
- NOTE: For a similar, more advanced activity, refer to the "Cooperative Communication" lesson found at [go.osu.edu/TeenLeadership20](http://go.osu.edu/TeenLeadership20).

#### Salt and Pepper (15- 20 Minutes)-

- From the already printed pairs, tape one paper to each person's back
- Have everyone mingle and try to figure out the word on their back.
  - The rule: they can only ask each other yes or no questions.
- Once they figure out their word, instruct them to find the other half of their pair.
- When they find each other, have them sit down and find three things they have in common while the rest of the group continues.



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**Do Ahead:**

- Review activity instructions.
- Gather equipment and supplies.
  - Have the drawings ready for Back-to-Back Drawing.
  - Have copies of the pairs printed out for the “Salt and Pepper” activity (one item per person)
    - Make sure to print the amount needed for the group size so that each partner of the pair will be distributed!
  - Set up Toxic Waste game.
    - Use the rope/tape to make an 8-foot circle on the ground that represents a toxic waste radiation zone. (You can make the radiation zone bigger to increase the difficulty.)
    - Put the balls in the small bucket and place it in the center of the circle to represent the toxic waste.
      - Put a smaller circle (out of rope/tape) approximately 6 inches around the small bucket
    - Place the large bucket about 30 feet away.
    - Tie 8 pieces of string to 1 rubber band (1 for each group)

**Sources:**

- Bonnie, E. (2015, April 20). Ultimate guide to teambuilding activities that don't suck. Retrieved from <https://www.wrike.com/blog/ultimate-guide-team-building-activities/>

**Additional lessons in this series can be found online at:**  
<http://go.osu.edu/TLC>

**Toxic Waste (20-25 minutes)-**

- Divide the group into teams of 8.
- Give each team the previously assembled 8 pieces of string and 1 rubber band. Then teams must use the pieces of string and rubber band to find a way to transfer the toxic waste balls from the small bucket to the large bucket within a certain amount of time (15-20 minutes).
- Rules:
  - Anyone who crosses the line into the radiation zone (large circle around the bucket) will be “injured” (you can blindfold them, or make them hold one hand behind their back, etc.).
  - Dropping toxic waste balls will similarly result in an injury as described above, OR you may make the group start over the challenge.
  - Spilling the entire bucket out of the 6 inch radius around the bucket means everyone on the team is dead.

**TALK IT OVER****Reflect:****Back-to-Back Drawing:**

- What was the hardest part about the activity? Why?
- What would have made this easier?
- Why are clear, accurate directions so important?
- How do clear directions help a team run smoothly?

**Salt and Pepper:**

- Was it difficult to communicate with only yes/no questions?
- Why is it important to communicate well with other team mates?
- How does good communication help a team be productive?

**Toxic Waste:**

- Did people have different ideas?
- Was it hard to choose what idea to go with? How did you decide?
- Did one person take charge?
- What could you have done to make this easier?

**Apply:**

- Participant Challenge: Whenever you are working in a team setting be sure you are participating fully, being respectful of others ideas, and communicating clearly. By doing these things you will be a better team member and your team will work efficiently and be more cohesive.

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