

MAKE A TEAM WITH...

In this activity, team members must act quickly to form small teams based on instructions that you provide out loud. 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?
- Were you surprised by what you had in common in the room?
- Were you surprised by differences in the room?
- What communication strategies could we embed into our day-to-day environments to help make communication more effective?

WHAT TO DO



1. Explain to participants that they will have to form a team based on the instructions that you provide out loud. For example, some instructions could include getting into a team with people who have the same colour shirt as you, or getting into a team with people who are born in the same month as you.
2. As the facilitator, provide 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 the same colour shirt have come together), participants can raise their hands or sit down to signal that their team is finished.
4. Repeat the exercise as many times as you want.