

THROW ME SOME FEEDBACK

This activity brings a team together to explore the importance of giving and receiving feedback and support in order to achieve successful outcomes.



10-15 minutes



Groups of 4-7



- Balls, bean bags or similar throwing items
- Blindfolds
- Stopwatch/timer
- Masking tape
- Boxes (empty paper boxes are great)

Source: Adapted from Team Building Toolkit

DEBRIEF (*following the activity*)

- Throwers: What was challenging for you in Round 1 when you were receiving no feedback? How did you overcome the lack of support? Team: During Round 1, how did it feel to simply watch?
- Throwers: What was challenging for you in Round 2 when you received minimal feedback? Team: Your experience during Round 2?
- Throwers & Team: How was Round 3 different? How did it feel to be able to provide feedback? How did it feel to receive it?
- In the workplace, do we sometimes simply watch, or do we offer to help each other and accept help from others?
- When we do offer and accept help, what makes this process effective? What would make it more effective?
- What kind of feedback is most effective for you and why?

WHAT TO DO



1. Each team needs one blindfold, one ball or bean bag, and one box.
2. Tape a start line for each team on the floor.
3. Place a box at least 10 feet away from each start line.
4. Each team needs to assign a thrower, a retriever, a scorekeeper, and an assistant.
5. The thrower is blindfolded, stands behind the start line, and will throw the ball.
6. The retriever picks up the ball and throws it back to the assistant.
7. The assistant gives the ball back to the thrower.
8. The scorekeeper adds up the successful throws for each round.
9. The remaining team members observe and/or cheer as per round instructions (see below).
10. One point is scored for every ball the thrower gets into the box. Note: the ball can bounce out; as long as it bounces into the goal box first, it counts as a point.
11. Play each round (one minute per round). The goal is for the thrower to score as many points as possible in that minute.

Round 1:

1. No talking.
2. The thrower attempts to score as many points as possible with no input or coaching from their team.

Round 2:

1. The team can coach their thrower by saying either "yeah" or "boo," but nothing else.
2. The thrower attempts to score as many points as possible with this limited feedback from their team.

Round 3:

1. The team can coach their thrower by providing any helpful information.
2. The thrower attempts to score as many points as possible with extensive feedback from their team.