

BUILD IT

Is it a group or a team?

Materials: Worksheet copies, red and blue balloons (10 of each color), masking tape, marker, timer

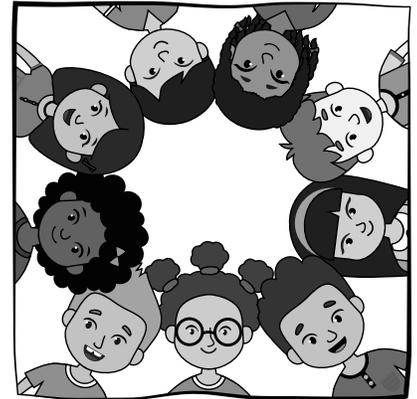
Directions: Clear a space in the room. Tape a 4-foot-long strip of masking tape to the floor at each end of the space to indicate goals. Label one goal Team Red, the other Team Blue. Mix and scatter the balloons across the space between the goals. Read the worksheet, complete the activity and discuss as a group.

We often hear the words “group” and “team” used interchangeably. But what’s the real difference between the two terms?

A group is loosely structured with no clearly defined goals. A team is carefully structured and committed to achieving a mutual goal.

Strong teams have high levels of trust and support a collaborative environment. Their strength lies in their ability to communicate and listen.

Today, we’re going to play indoor soccer using balloons. At the end of the activity, we’ll have discovered some key elements in building friendships. Let’s get started.



ACTIVITY INSTRUCTIONS

- 1 Divide into two teams of equal numbers. Designate one Team Red, the other Team Blue. The object of the game is to get as many balloons of your color past your goal line as possible. You can’t use your hands and there are no goalies in this game.
- 2 Team Red will have 4 minutes to discuss a game plan. Team Blue cannot speak during this time and must remain silent.
(Set the timer for 4 minutes.)
- 3 When the timer sounds, we’ll reset it and signal for both teams to begin playing. We’ll play one round for 7 minutes.
(Set the timer for 7 minutes.)
- 4 When the timer sounds, let’s discuss which team had the advantage — Team Red or Team Blue? Did using a game plan help? Are communication, listening and collaboration an advantage? How can we apply what we learned to our friendships?