

# Team Building Learning Activity

## NEW for 2023

To support our two-year 'Listen Up! (Respect our Rights)' anti-bullying campaign, we have co-designed this new activity with our Youth Action Group, which is suitable for Primary and Secondary aged groups of children and young people. The team building games outlined in this activity are designed to be fun, interactive and aim to build communication and a sense of working together. By bringing children together in a fun, slightly competitive environment, we aim to foster a sense of togetherness and light-heartedness. By creating a culture of fun and respect, we hope to prevent a culture of bullying and/or disrespect from taking place, whilst also providing an antidote to bullying behaviour which may have taken place.

Our Youth Action Group shared with us that anti-bullying work shouldn't all be class-based, and it doesn't need to be teacher-led all of the time. They said that the best way to combat and prevent bullying is by taking the pressure off and having some fun together.

### Context:

Activities have been designed to promote fun, positive relationships and a sense of common purpose. They are suitable for both Primary and Secondary school aged pupils.

They may also be applicable for Teachers or Youth Workers who run interest/hobby groups or after-school clubs in science, technology, engineering or maths

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### Aim of team building activities

- To promote positive relations between pupils
- To promote team-working and good communication skills
- To promote health and wellbeing through fun, challenging activities
- To provide an opportunity for reflection: why it is important to have fun and to be respectful of each other.

### Safeguarding

Talking about bullying can be a sensitive and emotive subject that can trigger some difficult feelings. Share information with your group on where they can seek support or who they can talk to if they are in any way affected by the session. They can also contact Childline Scotland on 0800 1111 or via webchat to speak to someone anonymously.

Some of the activities described are physically active and therefore adult leaders should carry out appropriate risk assessments, taking into account children's individual health and mobility in advance.

**ANTI-BULLYING WEEK**

**Monday 13 to Friday 17 November 2023**

## Introduction discussion

Begin by bringing young people together to discuss in a group the following questions:

Q: How do people feel if they are being bullied or left out?

Q: How do people feel if they are having fun and working together with others?

Q: What kind of team-building activities are you aware of, or have you tried before?

## Activity 1:

### Obstacle Course

#### You will need:

- Mats
- Hula hoops
- Blocks
- Hurdles

#### Instructions:

- Participants should work in pairs or small groups.
- One person or pair are blindfolded and the other person or pair will instruct them.
- The non-blindfolded person/pair give instructions to the blindfolded to help them navigate the obstacles safely.
- The pair or group with the fastest time wins.

#### Reflect

Invite responses from the group.

Q: What was important to make this activity successful?

This should elicit answers such as clear, calm instructions, and good listening. Shouting and stressing out do not tend to help!

## Activity 2:

### Silent Birthday Sorting

No equipment required for this activity.

#### Instructions:

- No speaking.
- No writing.
- No phones.
- Pupils have to work in groups of around six people to sort their birth order from youngest to oldest.
- Each group has to figure out how to communicate this with the rest of the group
- The fastest group to be correctly sorted wins.
- If any pupils speaks then their group has to start again, or are eliminated.
- There may be different methods, including: Air-writing, counting out month numbers, acting out seasons.
- Get the whole class to sort themselves in birth order.

#### Reflect

At the end of the birth date sorting process, invite responses from the group about how they communicated with each other, and explore all the difference non-verbal strategies.

#### Questions:

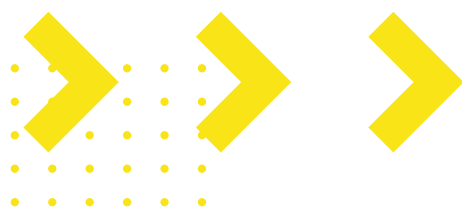
Q: How did it feel to be unable to talk?

Q: Did you find creative ways to work together?

Q: Can you think of any ways you could have worked together better or more effectively?

Q: Did anyone experience frustration or negative emotions?

Q: How did you resolve this?



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### Activity 3:

#### Three-legged race

##### You will need:

- Elastic or ribbon to tie legs together.
- A large hall or outdoor space.
- Pupils in pairs.

##### Instructions

- Work together to make it to the finish line.
- Fastest pair wins.
- You can repeat as many times as you like with different pairings.

##### Reflect

Invite responses from the group about how they communicated with each other and what were the challenges.

##### Questions:

- Q: How do you work well together?
- Q: What challenges were there?
- Q: How did you overcome these?
- Q: Did you have fun?

### Activity 4:

#### Treasure Hunt

##### Preparation

- This could be pupil or teacher designed.
- Each school will have to design their own clues to fit with their environment.
- Each clue should lead groups to a letter.
- Each letter (found in any order) will create an anagram to be unscrambled.
- The first group to solve the mystery word wins a prize.
- Try to make the word a little obscure so that it isn't too easy to guess!

##### Instructions

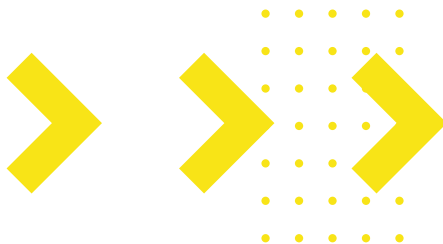
- Each small group is given a set of clues e.g. where Mr Smith prepares his experiments (the science lab).
- The clues can be in different orders to take different groups to different places.
- Each clue takes the groups to a physical location where a letter is hidden.
- When each clue is solved, the groups will have all the letters in their anagram, ready to solve.
- When the anagram is solved, the first group to report to the leader wins a prize.

##### Reflection

Come back together and invite responses from the group about how they communicated with each other and what were the challenges.

##### Questions:

- Q: Did you work well as a team?
- Q: Did you listen to each other's ideas?
- Q: What could you have done to be more effective, kinder or more respectful?
- Q: Were you respectful of your environment?



## Additional activity idea

### Sharks and Lifeguards, Written & designed by Niamh, Youth Action Group



## Sharks and Lifeguards



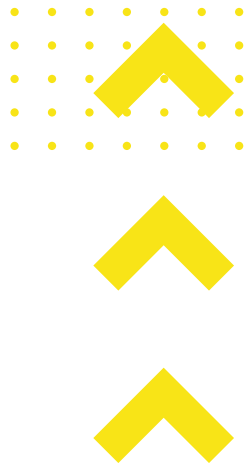
Sharks and lifeguards is a fun team building activity to play with classmates and friends! All you will need is:

- A parachute
- A class of 20+ pupils

#### INSTRUCTIONS:

- Pick two pupils to be lifeguards and two pupils to be sharks.
- All other pupils will sit in a large circle and place the parachute over | them so that their legs are just sitting underneath it.
- *The role of the sharks is to go underneath the parachute and pull the pupils sitting around it underneath with them. If you are pulled underneath the parachute, then you become a shark.*
- The lifeguards run around the circle and need to prevent anyone from being pulled under the parachute by the sharks. They do this by working together to pull the person back from the shark.
- The game continues until all pupils have been pulled under the parachute and turned into sharks. The aim of the game is to work together to keep as many people from being turned into sharks for as long as possible.

Have fun!!!



### More activities

Looking for more learning resources and activities. Explore more for different age ranges and stages available online – for free – at: [respectme.org.uk/listenup](https://respectme.org.uk/listenup)

### Sharing your stories

Help us spread the word about the 'Listen Up! (Respect our Rights)' campaign this Anti-Bullying Week and throughout 2023/24. Share all your learning outcome updates through social media – we would love to share photos of your team building activities! If you post on Twitter (X), remember tag us @\_respectme\_ and use the hashtags #AntiBullyingWeek and #ImListening.

Please ensure consent forms have been secured before sharing images of children and young people online.