Team Building Activities



Name/with contact information:

Adam Jacobson Lori Klein

Jaco0369@vandals.uidaho.eduklei1682@vandals.uidaho.edu

Overview:

Hello! During this section, we will do team-building activities focusing on social-emotional learning (SEL) activities. These activities help students succeed by teaching them how to self-regulate their emotions, problem-solve, and make responsible decisions while also getting exercise. We will start with rock-paper-scissors variations that focus on teamwork and problem-solving. Next, we will do stations (mirror, switch, and tarp flip) focusing on understanding emotions and working as a team. Then we will be looking at and discussing different bulletin boards and poster ideas that help students better understand their social skills and problem-solving. Finally, we will finish with sink-the-ship, a fun team-building game for all ages.







Resources:

Rock Paper Scissors Tag Rock Paper Scissors Extreme Mirror Game







Tarp Flip Game Sink the Ship Switch

<u>How to Integrate Social and Emotional Learning in PE to Improve Classroom Climate - SHAPE America Blog</u>

 $\frac{https://blog.shapeamerica.org/2019/11/how-to-integrate-social-and-emotional-learning-in-pe/\#:^:to-integrate-social-and-emotional-learning-in-pe/#:^:to-integrate-social-and-emotional-learn$

50 Activities That Support Social-Emotional Learning - The Art of Education University

https://theartofeducation.edu/2020/10/50-activities-that-support-social-emotional-learning/

Sink the Ship -Best P.E. Game - YouTube

https://www.youtube.com/watch?v=4wFE8kR9qCQ

Plickers

A: NOT YET

I did not contribute anything to my group during the creation process.

I would often argue with group members during the creation process instead of cooperate.

I was not the kind of teammate that my group deserved.

C: GOT IT!

I contributed lots of ideas/suggestions during the creation process.

I kept an open-mind while communicating and compromising on idea suggestions to help our group during the creation process.

B: GETTING THERE

I contributed some ideas during the creation process.

I had difficulty compromising on which direction our group should go during the creation process.

I was an **OK teammate**, but I know I could have handled some situations that presented themselves in a different way.

D: WOW!

I contributed lots of ideas/suggestions during the creation process.

I went out of my way to help my groupmates feel like they were a part of the team.

I facilitated positive communication amongst my groupmates.





THEME OF THE MONTH









Time	Content	Speaker
0-2 mins	Introductions	All
2-12	Ice breakers: Rock Paper Scissors Tag Rock Paper Scissors Extreme	
12-20	 SEL Activity Stations Mirror Game Switch Tarp Flip 	
20-23	SEL End of Lesson Poster Ideas- printouts around the classroom	
23-30	Discuss Postersfavoritesleast favorite	

	Other examples teachers have heard about or used themselves	
30-48	Sink the Ship	
48-50	 Plickers Discussion on the importance of focusing on students social and emotion learning. 	

Equipment:

Plickers (20)

Pins (8)

Soft dodge balls (bag)

Scooters (4)

Tarp

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 $\frac{https://blog.shapeamerica.org/2019/11/how-to-integrate-social-and-emotional-learning-in-pe/\#:\sim:text=Teaching\%20SEL\%20through\%20health\%20and,substance\%20abuse\%20and\%20emotional\%20distress.$

50 Activities That Support Social-Emotional Learning - The Art of Education University

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