

Team Building Activities



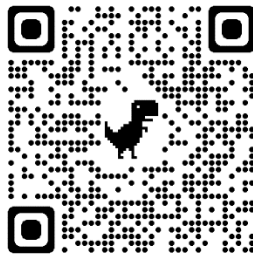
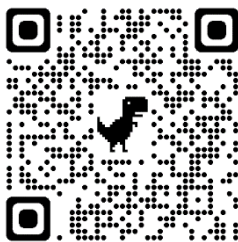
Name/with contact information:

Adam Jacobson Lori Klein

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

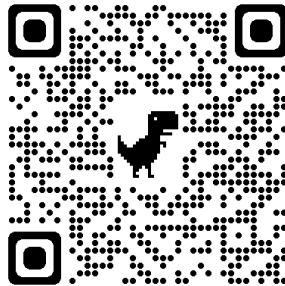
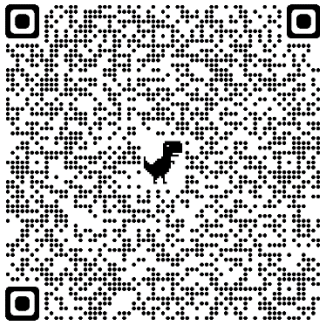
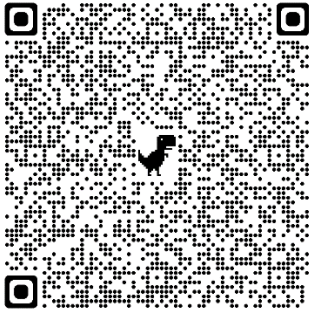
Overview:

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

[How to Integrate Social and Emotional Learning in PE to Improve Classroom Climate - SHAPE America Blog](https://blog.shapeamerica.org/2019/11/how-to-integrate-social-and-emotional-learning-in-pe/#:~:text=Teaching%20SEL%20through%20health%20and,substance%20abuse%20and%20emotional%20distress)

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[50 Activities That Support Social-Emotional Learning - The Art of Education University](#)

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[Sink the Ship -Best P.E. Game - YouTube](#)

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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.

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.

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.

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.

WHICH EMOJI ARE YOU TODAY?



Sad

Triste

伤心

Shāngxīn



Happy

Feiz

快乐

Kuàilè



Angry

Enojado

愤怒

Fènnù



Tired

Cansado

累

Lèi

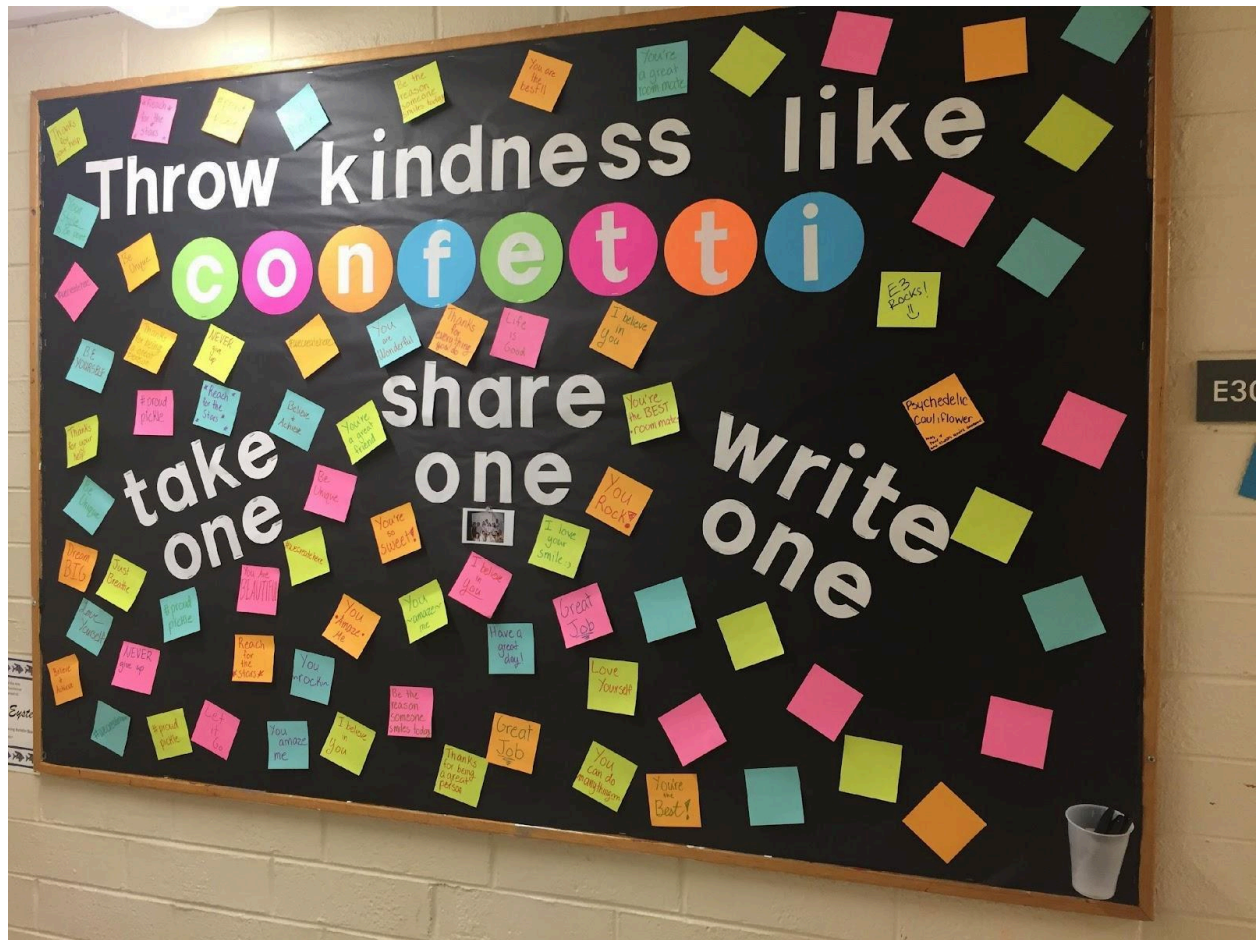


Okay

Shèn

好的

Hǎo de



THEME OF THE MONTH



RELATIONSHIPS



If you want a friend, **BEE** a friend!



Smile.



Say "Hello!"



Offer to help.



Keep promises



Include everyone



YOU ARE A SOCIAL DETECTIVE



+



+



+



=

What's
Expected &
What Will
Happen
Next

USE YOUR TOOLS!

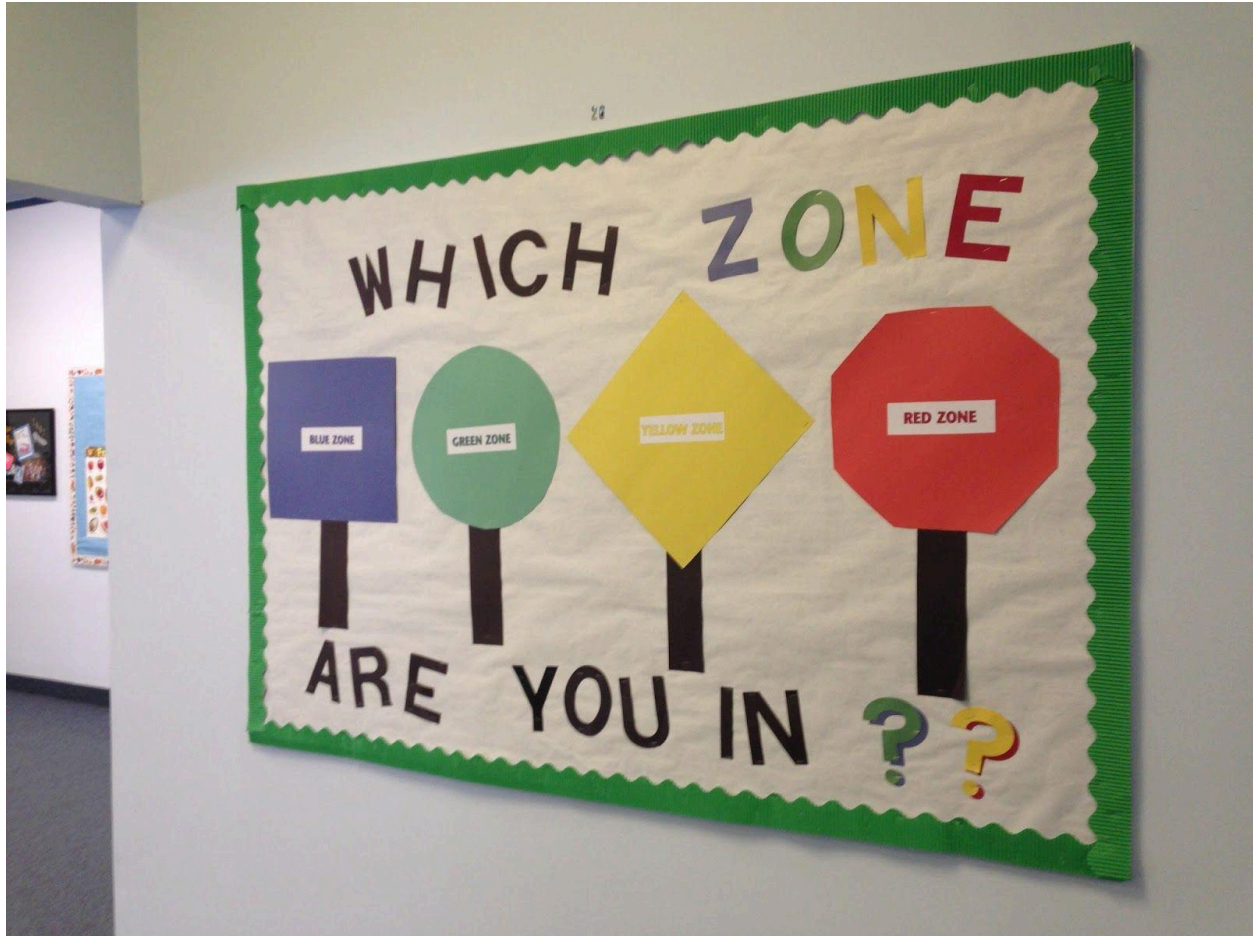


What Will
Happen
Next??



What's
Expected??





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 Posters ● favorites ● least favorite	

	Other examples teachers have heard about or used themselves	
30-48	Sink the Ship	
48-50	Closure - 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

Team Building Activities

Title: Team Building Activities  **University of Idaho**

Name/with contact information:

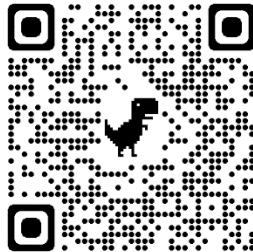
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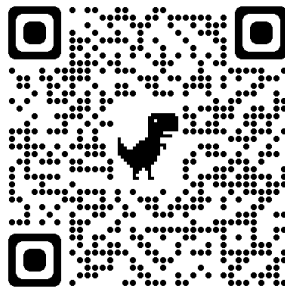
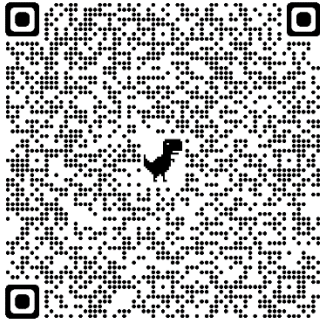
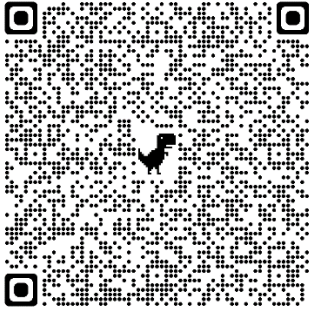
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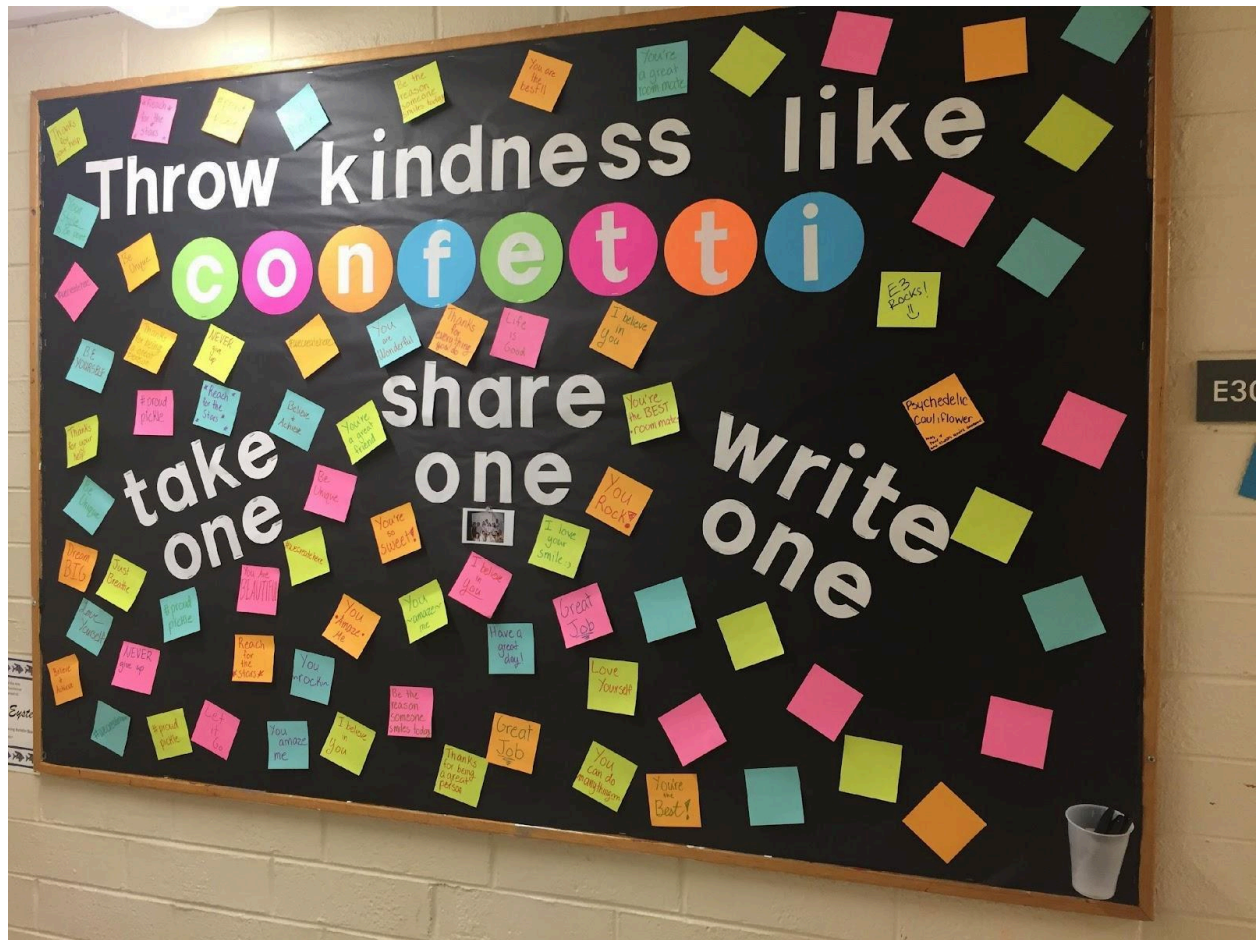


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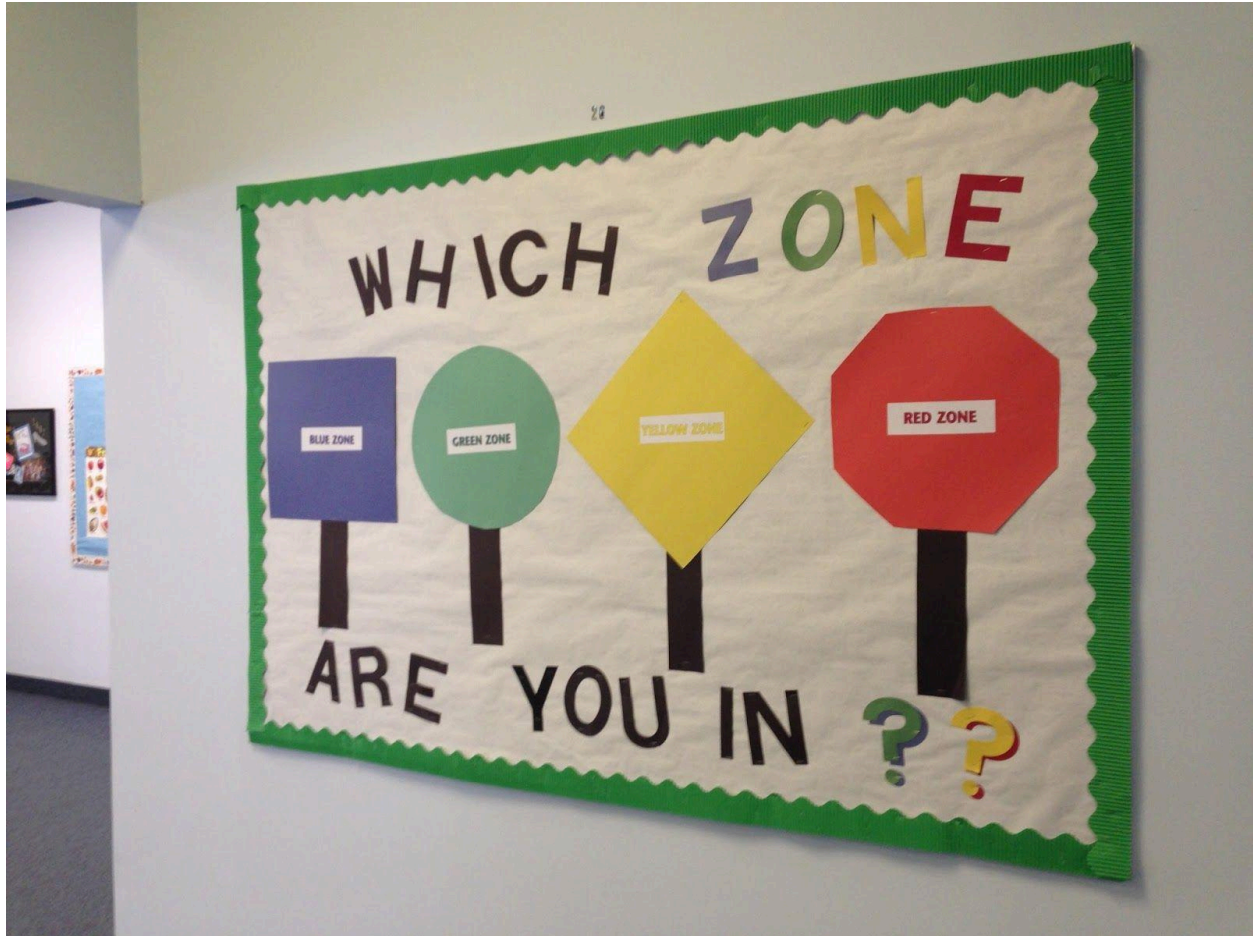


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