**Chapter 17: Team Building and Team Training**

**Class Activities**

**Activity 1: TEAM-BUILDING EXERCIES**

Objective: To engage students in team-building exercises.

Activity: The internet has numerous team-building exercises that may be used. This activity should engage students in one of these exercise as part of an in-class activity.

Discussion: Encourage students to be critical of the exercise. Do they think it builds cohesion and has long-term positive effects on group dynamics?

**Activity 2: TEAMBUILDING**

Objective: To examine team competencies in relation to teambuilding.

Activity: Divide students into small groups. Have them develop a team building exercise that helps teams build some of the competencies on Table 17.3. Have the class pick the best idea(s) and carry out as an in-class teambuilding activity.

**Activity 3: TYPES OF TEAM-BUILDING PROGRAMS**

Objective: To help students understand the different types of team-building exercises.

Activity: Divide the class into small groups, and assign one of the five types of team-building programs (section 17.3, Levi 5e) to each group. Groups should be given about 20 minutes to meet, in order to clearly understand the program they were assigned, as well as to come up with a specific example of a team-building activity which exemplifies that program. Groups should be asked to present their work to the class.