



# Team Building

program resource sheet | Early Adolescence

Students progress through a variety of group building tasks that enhance their interpersonal and problem solving skills. These tasks have been developed to allow students to practise and develop communication, cooperation, trust, conflict resolution and decision making skills in a team environment.

<b>Available at:</b>	Bickley, Ern Halliday, Point Walter and Woodman Point. <i>Ern Halliday and Woodman Point also offer Team Building in a beach environment.</i>
<b>Challenge considerations:</b>	Team land based challenges that require critical thinking.
<b>Duration of program:</b>	90 minutes.
<b>Items required:</b>	Enclosed shoes, hat, sunscreen and water bottle.
<b>Focused Core Shared Values:</b>	<ul style="list-style-type: none"> <li>Respect and concern for others and their rights.</li> <li>Social and civic responsibility.</li> </ul>



## Program links:

Team Building allows students to practise and demonstrate the skills listed below. Students may be assessed, however it is important that these skills have been covered in a previous learning program.

Outcome	Skill	Elaboration
<b>Interpersonal skills</b>	Communicating	To be effective in this program, students must learn, practise and apply active listening and effective communication skills to solve group problems.
	Preventing and managing conflict	Students must negotiate their ideas and strategies, be assertive, suspend negative judgements and learn to withdraw from certain situations to minimise or prevent potential conflicts and ensure the group's success.
	Cooperating and collaborating in groups	Students must collectively establish and implement a plan for each task. They will be required to listen to others' ideas and discuss and canvass options to ensure they are successful. Students will also be required to work together and cooperate with each other.
	Leading, initiating and facilitating	Some students will develop and learn to apply leadership skills through organising and managing the group to ensure task goals are met. Students will be encouraged to develop a positive work environment and lead in evaluating group decisions.
<b>Self-management skills</b>	Reviewing the situation	Students have to review the task elements and possible negative consequences after rules and limitations have been explained.
	Planning before deciding	After students review all elements that aid in forming a decision, they must collaboratively plan how they will complete the various tasks. Each student is encouraged to contribute to the deliberation of options and the group's decision making process.
	Deciding and acting	Students need to decide and act upon an option they have chosen, however they must also learn to recognise the consequences of making a decision.
	Monitoring and evaluating	After each task, students, with the aid of the instructor, evaluate the choices they have made. Students are made aware of the decision making process and are encouraged to use it in future tasks.

Team Building encourages the development of the following Overarching Learning Outcomes:

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