

## nurturing potential



### Session: 'Developing Team Spirit' (incorporating 'Cooperation and Appreciation')

#### Pre-session Preparation

PowerPoint Slides (optional)      Copies of worksheets  
Jigsaw Puzzles appropriate to age of participants.

#### Learning Objective

Developing an understanding of what is meant by "team spirit" which includes completing a timed task to gain an understanding of cooperation and appreciation.

Two minute recap of last session.

Hand out 'Developing Team Spirit' Session worksheet for personal notes

Ask children to write their name, date, and session number on the top of the sheet

#### Activity 20-30 minutes (depending on length of session)

Working in groups of up to 10 people, participants have to complete as much of the jigsaw puzzle as possible. It's a competition against other teams thereby cooperation with, and appreciation of each other's contributions is the key.

After the allocated time, Coach decides who was the best team based on the qualities the group identified.

#### Discussion – 20-30 minutes (depending on length of session)

Work through the questions on the worksheet as one group (class).

- How many people does it take to make a team?
- Provide at least 5 examples of where you might find teams. Also think of roles you might play as adults.
- What are some of the important values that need to exist for a team to work? – reflect on the activity you have just completed.
- A description of : **TEAM - Together Everyone Achieves More**
- **Remember, there is no 'i' in TEAM!**

Highlight that every team takes on its own personality, or spirit, depending on the individuals that make that team. Ask the group if they have examples where they have felt really good in a group or felt left out. Why?

Some people will naturally or forcefully take the lead, others may step back while others challenge others opinions and suggestions.

Discuss with the teams what they found useful in working together and what wasn't helpful.

What would they do differently?

Why is it important to work together and appreciate each other?

Session Close –Last 5 minutes Relaxation & Mood Cards

Close session thanking participants for their time and contribution.



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<b>Name:</b>	<b>Date:</b>
<b>Session Number:</b>	<b>Session Name:</b> <b>TEAM BUILDING &amp; CO-OPERATION</b>

How many people does it take to make a team?

Provide at least 5 examples of where you might find teams. Also think of roles you might play as adults.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

What are some of the important values that are needed for a team to work effectively?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.



A description of : TEAM

T E A M

Remember, there is no 'i' in TEAM!