

I Can, You Can Teamwork - Intermediate

Description

Students practice collaboration and teamwork by forming a hand-holding knot they have to untangle. They work together to untangle the knot without letting go of anyone's hands. This activity emphasizes communication skills, patience, and problem solving to work towards a common goal.

Objectives

- Perform a physical teamwork exercise.
- Learn to communicate effectively and listen to suggestions.
- Test various methods to solve a problem.
- Decipher what kinds of strategies are the most effective.

Materials and Supplies

- Adequate space.

Activity (30 minutes)

Introduction (10 minutes)

- Introduce that the lesson focuses on teamwork.
- Questions to ask:
 - What aspects of teamwork are difficult? (e.g. patience, listening, trust).
 - How do students decide on plans within groups/teams?
 - How are leadership, empathy, and inclusion important parts of teamwork?
- Inform students that this lesson challenge them to solve a problem small groups using teamwork and communication skills.
- Separate students into groups of 8-10 (depending on class size)

Forming the Knot (5 Minutes)

- Students stand in a circle (one circle per group), crossing arms at the wrist.
- They grasp hands with 2 different people across from them.

Untangling the Knot (10 minutes)

- Students work together to untangle the knot without letting go of any hands.
- Once they have reformed a circle, the task is complete.
- If students are not making progress after 5 minutes, restart the activity.

- If the students are quick to untangle the knot, have the students change places in the circle, and restart the activity.
- As the students work together to untangle the knot, give suggestions:
 - Work on two or three people at a time while the others stand still.
 - Extend arms to make the knot as loose as possible.
 - Have one student lead the untangling for a few minutes, they switch leaders.

Synthesize (10 minutes)

- After the students have had a few chances to untangle the knot, bring them together as a class.
- Review the concept of teamwork.
- Questions to ask:
 - What was the hardest part of the activity?
 - How did they attempt to overcome the difficulty?
 - What would they do differently?
 - How was leadership important in this activity?
 - How can they use teamwork as a class in other situations?