**Team Building 1**

**Learning Objectives/aims**

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| **1.** | **Understand what makes a good team** |
| **2.** | **Get to know each other and break down the barriers between students/uni (we are not teachers)** |

**Main Learning Activities** *(starter, main learning activities, plenaries with timings)*

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| **Time** | **Learning Activities** |
| 10 mins  2 min~~s~~  10 mins  20 mins  2 mins  10 mins  5 mins | As students walk in give them a human bingo sheets and tell them to find a person to fill each of the spaces. Once complete shout bingo and win a prize. Each person can only be used twice!  Introduce everyone. Explain today is about fun and learning about team work, we are not your teachers  Reflect on what makes a good team and as a group prepare some guidelines for team work. Write these onto flip chart paper so they can be saved and used at a later date.  Get students into groups and tell them they are going to build a tower out of marshmallows and spaghetti. The aim is to build the tallest tower that can stand on its own. The winners will get a prize. But there’s a catch! Assign groups different restrictions: 1. Can't make any noise, 2. can only use one word (eg bonjour), 3. only half the group can touch the spaghetti and the other half only the marshmallows, 4. Normal, 5. Only one person allowed to touch the spaghetti/marshmallows at any one time and only for 30 seconds then someone else has to take over  Measure the towers and assign a winner.  Reflect on how the teams managed with the limitations, what did they do to overcome them? Did the team work well with the restrictions?  Tell them to think about these things when working in groups across all subjects, but especially during this programme. Remember what is like to not talk to each other, to not communicate well, to only have one person doing things. |

**Learning Resources**

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| * **Human bingo sheets** * **Prizes** * **Marshmallow towers inc newspaper and tape measure** |