PLANNING STRUCTURED GROUP ACTIVITIES

Group Leaders: _____ Group: _____

Outcomes for group (What we'd like to see happen as a result of these activities):

_____

_____

_____

A. Ice Breaker: A structured activity designed to ease participants into a group setting, focus them on what's to come, and reduce general level s of concern or stress associated with becoming part of a new group or returning to a group. Two ice breakers we'll use for our group are:

I. _____

2. _____

B. Energizer·: A structured activity presented to re-motivate participants, further engage them in their work, and raise their general energy level. Energizers are particularly useful after sitting for long periods, listening to lecture, or after a large meal. Two energizers we'll use for our group are:

I. _____

2. _____

C. Low-Risk Team Builder: A low-intensity, structured activity that engages participants in the processes of becoming a functional work group. Low-risk team builders allow participants to share information about themselves and may incorporate some physical activity; however, they do not offer an intense level of personal sharing, intellectual discomfort, or physical activity. These activities build a foundation for acquaintanceship, communication, and collaboration. Two Low-Risk Team builders we'll consider using for our group are:

I. _____

2. _____

D. High-Risk Team Builder: A more seriously structured activity that engages participants in the process of becoming a highly functional and connected work group. High-risk team builders allow participants to engage in an intense level of personal sharing, some intellectual discomfort, or physical activity. High-risk team builders create vulnerability and challenges that force reflection on sometimes uncomfortable but important topics that affect groups. These activities build an environment for trust risk taking, and reflection. Two High-Risk Team Builders we'll consider using for our group are:

I. _____

2. _____

TEAM BUILDING PLANNER

Group Leaders: _____

Type of Activity:
_____Ice Breaker
_____Energizer
_____Low-Risk Team Builder
_____High-Risk Team Builder

Activity Title: _____

Type of Group: _____

Purpose of Activity: _____

Step by Step Description: What We'll Do…

1st: _____

By Whom: _____

2nd: _____

By Whom: _____

3rd: _____

By Whom: _____

4th: _____

By Whom: _____

5th: _____

By Whom: _____

6th: _____

By Whom: _____

7th: _____

By Whom: _____

Supplies Needed:

_____

_____