

THE STAR

TEAM BUILDING ACTIVITY:

This is a quick and easy team building activity that you can accomplish with any size group. This activity will engage students to take on characteristics of becoming a leader and communication skills.



Time Needed: 15-20 minutes

Group Size: Any, split into teams of 12-15

Materials:

- A very long rope or ball of yarn (40-50 feet) tied to itself to form a circle – a regular rope works best as it does not stretch.

Directions:

Inform everyone that they cannot let go of the rope or trade places with others, but they can slide their hands along the rope.

The goal is to get the whole group to create a five pointed star with the rope (the kind with the crisscrossed in the middle).

Once they think the task is complete, ask them to slowly lower the star to the ground and step back to look at their creation.

Discussion Questions:

1. Was your team successful? If so, how?
2. What did your planning process look like?
3. Did anyone emerge as a leader?
4. What actions or characteristics made them a leader?
5. What roles did other play during the activity?
6. In what ways does this activity relate to the real world?

