

### Team Building activities to build resilience

A resource pack from the Field Studies Council

We have gathered these ideas, inspiration and activities to help you develop your outdoor learning experiences and team building skills and resilience amongst pupils. many local green spaces around you. Make sure you give time for reflective practice in order to get the most out of the activities.

#### Objectives

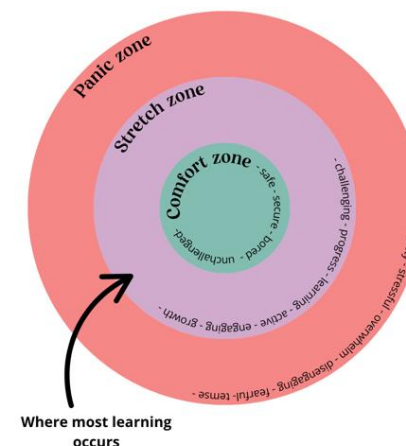
- Consider what makes a team work well.
- Develop speaking and listening skills through sharing ideas.
- Apply a simple cycle of Plan-Do-Review.
- Utilise reviews between activities to consider how an individual group may improve their team skills

#### The perfect team player

Encourage engagement in understanding what a team player is and what team skills are.

Ask pupils to draw a person and label the drawing with qualities that they think are important for a team player to possess.

#### What is the five ways to wellbeing?



adapted from Ryan and Markova, 2006

#### Differentiating the outcomes

Ask pupils how they will demonstrate that they have completed or achieved a learning objective(s). This gives pupils ownership and flexibility to make the most of the creative opportunities outdoors.

Include skills, wellbeing, PSHE, or nature-based objectives in addition to curriculum focused objectives. These can be simple or complex in nature depending upon the session.

Using your knowledge of how each child learns and participates in activities indoors will be useful when organising group and pair work. It is not uncommon for children to behave differently outside the classroom. Be prepared to reassess how your pupils learn.

#### Five ways to wellbeing in the outdoors

Reflection is important to develop and learn to work as a team:

Out of 10 (using fingers)

Physical expression (make a shape/ noise to describe how you feel)  
Head, heart, hand (do you have new ideas or questions? How did you feel? What did you do when?)

Take a step forward if (you laughed, were scared, achieved more than you thought, you enjoyed it? Take a step back if you were bored, lost focus)

Questions – use a ball to pass round to take it in turns.

### Equipment required:

- **Leap frog** – use chalk/ hoops or mats to mark out 11 spaces. Put 2 teams of 5 at each end with a space in between. The teams must leap frog or move one space forward to get their team to the other side.
- **Egg rescue** – each team is given an egg and protective materials (e.g. cardboard, paper), they must plan and build something to protect the egg from a fall of up to 10m (highest point in your school). Suggestions include, parachutes, padding, a trampoline/crash pad for the fall.
- **Blind square** – Use a long piece of rope to make a perfect square. However, the participants are blindfolded, each team can have one person who is not blindfolded but they cannot touch the rope or other group members. Try this in two teams and see who makes the best square in a specific amount of time.
- **Lava flow** – each team member has one lava proof block/mat. The lava can only be crossed using the lava proof mat. The whole team must cross together, any mats left behind will become engulfed by the lava.
- **Mini Shelters** – Divide the class into teams and challenge them to make mini shelters in the playing field using natural materials. Use this as practice before making full size shelters with equipment in the school grounds.

### No kit required:

- **Human knot** - ask the group to stand in a circle and raise their left hands. They must then hold the hand of someone not directly next to them. They must do the same with their right hand. The challenge is to untangle themselves into a complete circle without letting go.
- **Pass the Squeeze** – split your students into two teams that are standing in a line and ask them to hold hands. Tell them that you are going to send a gentle squeeze down the line. Squeeze the first person's hand and time it. See how quickly the squeeze travels along the line. Move the last player to the start of the line and go again.
- **Lap sit** – a self-supporting structure. The group needs to stand in a circle all facing the same direction with their hands on the shoulders of the person in front. Ask them to slowly lower themselves until they are all sitting on each other's knees.
- **Scavenger hunt** – Have separate teams and time how long it takes them to find a selection of objects. How will they do it? Will all members look for each item, will they delegate items to each other and split up? Search for nature related items such as an oak leaf, a pinecone, something orange, something green, something rough, 3 pieces of litter, a rhododendron leaf etc.
- **Challenge lines** – the group stand in a line (against wall or on a edge of something), keeping one foot on the ground (or line) at all times they must rearrange themselves in age, height or name order without talking.