



# Making the Best 4-H Clubs Better –Version 2.0

## Intended Audience:

- 4-H club members

## Lesson Objectives:

Club members and parents will:

- Explore group dynamics with the guidance of 4-H teens and advisors.
- Reach outside their comfort zone to challenge both themselves and others.
- Learn more about themselves and others in their club.

**Time:** 20 minutes

## Equipment and supplies:

- Masking tape, sidewalk chalk, or sheets of paper to mark off a wide line or box on the ground.

## Do Ahead:

- Review lesson and discussion questions.
- Gather supplies or determine how you will create your line or rectangular area for the Tipi Shuffle.
- Be prepared to ask the discussion questions and reflect on these things with the group.

## Team Building Challenges

### BACKGROUND

Youth and adults find themselves in situations every day in which they are asked to work with people from various backgrounds with different learning styles. People behave differently based upon the situation and their own personal experiences. It is important to realize that each individual can uniquely contribute to the team effort. The best results can be obtained by utilizing the strengths of each individual to create a unified team effort.

### WHAT TO DO

**Activity 1: Tipi Shuffle** (group process in a restricted space) –

**Scenario:** Use masking tape, sidewalk chalk, or sheets of paper to create a wide line or box on the ground or floor. Your meeting space may also have a line on the pavement, row of tiles, or some other marking that would work for this purpose. The box should be long enough for your group to stand in shoulder-to-shoulder facing one direction. The box should also be just wide enough at its smaller dimension so that the person with the largest feet or shoes has one to two inches of clearance before he/she touches the edge of the box. Members are asked to number off (one, two, three, and so on).

**Object:** Once they have numbered off, the group is told to reverse their order from one end of the box to the other without stepping outside the box.

**Rules:** Observers are helpful to watch the box. Have the group start over if someone oversteps the box. The facilitator has the option of how many touches outside the box are allowed before the group has to start over. At various times during this initiative, instruct each participant to call out their initial number, allowing the others to know how far they have progressed.

**Variations:** When a team touches outside the box, instead of making them start over, take away the use of one of their arms, or have them close their eyes.

**Activity 2: Let Me in the Circle** –

**Scenario:** The group forms a large circle holding hands, with their backs to the middle. Two people are on the outside of the circle.

**Object:** The goal of the two people outside the circle is to get to the center of the circle. Those in the circle are trying to keep them out.



## Sources:

- Cain, Jim, Teamwork & Teamplay: Building unity, community, connection and teamwork through active learning.  
<http://teamworkandteampay.com>
- Let Me In The Circle,  
<http://www.ultimatecampresource.com/site/camp-activity/let-me-in-the-circle.html>
- People Machine,  
<http://www.ultimatecampresource.com/site/camp-activity/people-machine.html>

Additional lessons in this series can be found online at:  
[go.osu.edu/bestbetter14](http://go.osu.edu/bestbetter14).



*Reviewed by:  
4-H professionals in an 11-  
county area of southern  
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- Rules: Advise the group that they must always be safe and careful not to hurt anyone physically or emotionally.
- Variations: You can change the number of people who are outside the circle based on the size of the group.
- Discussion/Questions: How well did the group follow instructions? How hard is it for some people to be included in activities in daily life? Discuss examples. How do people in both the insider and outsider roles in life find and use allies?
- Activity 3: People Machine –**
- Scenario: Divide group into even numbered teams (4-8 participants are ideal). Instruct the teams to make themselves into a machine, with as many parts (gears, levers, etc.) as they can devise.
- Object: Give the teams five minutes to prepare their machine. Once the time is up, the teams take turns presenting and guessing each other's machine.
- Rules: The machine should have motion and sound, and must include all team members.
- Variations: Choose a theme or category of which the machines must be part (computer technology, large equipment, small appliances, etc.)
- Discussion/Questions: How easy was it to come to a consensus in choosing a machine? How difficult was it to communicate to the other groups what machine you were trying to portray?

## TALK IT OVER

**Reflect:** In completing these activities...

- Were all members' ideas heard?
- How did you solve the problem?
- Did you have a plan? Was it helpful to have a plan?
- Who seemed to take leadership of the group?
- Is it better to be a leader or follower when working with a group? Do you play both roles in different situations?

## Apply:

- Give an example of a time when you have had to work together as a team?
- What are some ways that you can be a better team player in the future?

## ADDITIONAL LINKS

- Ultimate Camp Resource: by Camp People for Camp People at <http://ultimatecampresource.com/site/camp-activities/team-building-activities.html>

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