

# LEADERSHIP

## Team Building: Group Process Skills

### **Objective:**

Group Process skills are the ability to work together to accomplish group goals. These are the skills we need in our club to make us successful this year.

To help the club work together as a group

To help the club understand the key components of team building

### **Materials:**

Two to three colored balloons

(enough for everyone to have one)

String

Names of machines

Several of the same articles (stones, pencils, stickers, etc)

Box

Picture of people doing something

Masking tape

### **Background:**

The mission of 4-H is to assist youth in acquiring knowledge, developing life skills and forming attitudes which will enable them to become self-directing, productive and contributing members of society.

Group Process skills include

- A. Involving people
- B. Cooperating with others
- C. Following as well as leading
- D. Considering the needs of all involved
- E. Considering what everyone has to say
- F. Creating a feeling of ease and acceptance in groups

### **Procedure:**

#### **A. Involving People**

#### **Discussion with members:**

- Many things we do each day are done in a group.
- It is important to be able to work in a group.
- People can accomplish many things when they work together as a group.
- Talk about why people join groups. Why do 4-H members join groups?
- To what groups do people belong (school, church, family, etc.)?

## **B. Cooperating with Others**

*See discussion under A.*

### **Activities**

#### 1. *Making a machine*

Divide into small groups (5 to 8) or work as one group. Each group is to make a machine, with each member becoming a moving part, complete with sound. Examples of machines are lawn mower, vacuum cleaner, mixer, blender, etc.

#### 2. *Breaking balloons*

Divide the group into teams. Give each team balloons of a different color. Have each participant blow up a balloon and tie it to his or her ankle with a string long enough to have the balloon on the floor. When you give the signal, teams try to break balloons of the other team by stamping on them. Each person whose balloon is broken is "out" and must leave the game. The last team with an unbroken balloon is the winner. Tell the teams to plan how they will win. Have the teams discuss what cooperation took place. How did they feel during the activity?

## **C. Following As Well As Leading**

*See discussion under A.*

### **Activity**

*One leads, others follow*

Place several of the same articles (stones, pencils, spoons) around the room.

Have each member devise a plan for how the group can get all the articles into the box and have the box in the center of the room in two minutes.

Taking turns, each member becomes the leader. Using his or her plan, he or she gives instructions to the others telling them how to get the articles into the box and the box into the center of the room. The group carries out the instructions.

After the different methods are tried, discuss why there are different ways to do things, and that often other people's ways can be as good as or better than one's own.

## **D. Considering the Needs of All Involved**

*See discussion under A.*

### **Activity**

*Problem-solving*

Explain there are ways to solve a problem as a group.

- Everyone should understand what the problem is.
- All solutions to the problem should be considered.
- Everyone should be included in the process of finding the solution.
- The majority should agree on the solution.

Talk about a problem which is important to all the members of your group.

Come to a solution.

Discuss whether the problem-solving methods listed above were used to solve the problem.

### **E. Considering What Everyone Has To Say**

*See discussion under A.*

#### **Activity**

*Photograph interpretation*

Use a picture (One which shows two or more people doing something is best).

Hold it up and have each person tell what they think the picture is about, and why the people are acting that way, etc.

When everyone has had a turn, discuss what members learned from each other.

Discuss what can be learned from listening to everyone.

### **F. Creating a Feeling of Ease and Acceptance in a Group**

*See discussion under A.*

#### **Activity**

*Prui (pronounced PROO-ee)*

One person is named the Prui. Everyone else wants to become part of the Prui. The Prui keeps his eyes open. All others in the group close their eyes and walk around reaching for hands trying to become part of the Prui. When a member finds a hand, he shakes it and says, " Prui?" If it is **not** Prui, the second member responds by saying, "Prui." If it **is** the Prui, there is **no** response. The Prui is silent. When the Prui is found the two join hands, and both have their eyes open. The activity continues until everyone is the Prui. Discuss how it feels to be part of a group (the Prui) and how it feels not to be. Discuss how it feels to be accepted in a group. How can we make sure everyone feels a part of our 4-H Club?

### **A. Combining Group Process Skills**

*See discussion under A.*

#### **Activity**

*Large numbers, small space*

An activity which uses all the group process skills:

Indoors – Make a square with tape on the floor. Make it about 2' x 2'. Tell the members of the group that they must figure out how to get everyone inside the square. (Hint: to make this a challenge, make the square small enough so that members have to piggy back or otherwise hold each other in order to fit). Have them sing one round of Row Row Your Boat while they are in the square.

Outdoors – Tell the group that everyone must fit on such as a particular rock or stump, or use tape on cement.

At the end of the program be sure to relate it back to being a part of the 4-H Club.

This is taken from the 4-H Life Skills series from University of New Hampshire