



ARE YOU ALL IN?

I am committed to a team. I am a team player!



Goals

To learn and understand what it means to be a team player!

Tools

- *Check-In Spinners
- *Rope, balls, blindfolds



**MISSION:
POSSIBLE!**



Chalkboard

Check-in: How are you feeling? (5-10-minute exercise)
By getting good grades, I get the opportunity to be rewarded at the PAS Store, apply for scholarships, and be a part of fun things that will encourage me to keep doing a good job!



Guided Instruction:

What is a mission? A mission is an assignment or job given to you by someone in authority (an example of someone in authority is your parent or teacher).

1. Break up into groups of 2-4 students. Pick a name for your group.

*This Is Your Team

2. Put a blindfold on your teammate.

3. Take turns leading them around the classroom.

Note to Teachers: Do this at your discretion. You can pick two students instead of allowing the entire class to do this activity; use your understanding of your class. If the class is unruly, you can use this as a Behavior Modification activity.

After this exercise is completed, open your class to a discussion using the following prompts:

1. How did the student feel who was blindfolded?

2. Were they afraid or worried that they would get hurt?

3. What other feelings or emotions were they feeling?

4. What thoughts went through their mind and why?



What's the point?

This exercise caused one of two things: students either chose to trust their teammates or they didn't.

Was the student leading the blindfolded student committed to being a team player? In other words, was that student willing to do what it took to keep the blindfolded teammate safe?

How did that student feel? Did they feel like it was too big of a job?

When you are on a team, you must trust that everyone on that team wants the same outcome and the same goal. You have to believe that each team player is committed to working with you together, or it isn't really a team.



Activity One:

Thinking Outside the Box! What does that mean? That means you do not allow your thoughts to think what you would typically think!!

The teacher instructs the class to all stand and follow verbal directions. The teacher gives the verbal command to “walk!” As kids start to walk, the teacher takes notice of the direction they are walking. The teacher walks backward and then points out to the class that there was no instruction about the direction to walk.

If every student begins to walk forward, point out that they are doing what they are used to. Thinking outside the box, students can walk backward, walk on their tiptoes, moonwalk, walk slow, walk fast, speed walk, walk in slow motion, etc.

Thinking outside of the box is challenging yourself to go against the norm. That means going against what everyone else is doing. Sometimes your team may need to think outside the box; think of ways to succeed that differ from what other people may be doing or saying.

Thinking outside of the box can be very good as long as every team member is committed to it! You don't put your thoughts and ideas above the team's mission when you are in a team

Activity Two:

Pass out Doodle Challenge (you can use the same one for every student or pass out different doodles for variety. Have students use their imagination to think outside box and create a picture)