

Team Building Lesson Plan

Name of activity:
Frostbite



Date:
1/2/2021

Objectives: (At the end of the activity, teammates will be able to...)
Give clear directions, actively listen, follow instructions

Activity: **Frostbite:** With the leader's hands bound and the other members blindfolded, teammates will need to construct a suitable shelter.

Materials: **Blindfolds, electric fan, office supplies such as index cards, rubber bands, tape, sticky notes, staples**

Introduction: (How will you explain the activity?)
Set the scene: while exploring the arctic, the leader got frostbite, while snow blinded the rest of the team. Divide groups into teams of 4-5. Bind the leader's hands and blindfold the others.

Main Activity: **Give teams 10-15 minutes to construct shelters**

Closure: **Turn on the fan and test which shelters stand up to the "arctic wind."**

Reflection/Self Evaluation: (How will teammates gauge progress?)
Teammates will describe the collective thought process and the experience of the activity. Team members will share what they learned.

Assessment: (How will you measure the activity's practical impact?)
Will observe the way teammates explain concepts and divide tasks during meetings. Will ask to be cc'd on instructional emails.



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JR Anderson



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