Group Facilitation
Team Building
Ice Breakers

Small, entertaining, invigorating activities

Outcomes
- Get to know
- Relax group members
- Find common ground
- Open communication
Ice Breakers

- Introductions
- Name games
- Group juggle
- Parties
- Games
Teambuilding

Facilitate process of group transformation to team

Possible Outcomes
- Build cohesiveness
- Help establish individual identity
- Enhance communication
- Break down barriers
Teambuilding

Types

- Games
- Trust building
- Initiative
- Stunts
Teambuilding

Developing an experience

- ID goals, objectives, outcomes based on needs of group through interviews
- Include key people in discussions and activities
- Choose activities that might address those needs
- Keep in mind…

![Image of people engaged in an activity]
Teambuilding

Considerations

- Group need and wants
- Group and individual abilities
- Cultural issues
- Time
- Space
- Hydration and nutrition
- Safety
Three Teambuilding Activities

- Willow in the Wind
- Can-do-it
- Bull Ring
Processing 101

- How did you feel when…
- What was the most…
- How could you make it…
- What if…
- More
Processing Tools

What are we trying to accomplish?

- Refer to goals, objectives and outcomes as you defined them earlier
- Use a cheat sheet
- Involve the group
- Use white space
Online Resources:
Adventure Leadership Program

http://www.mscd.edu/~cra/oa/team_building/alp.htm
Additional Resources

- Silver Bullets
- Adventure Hardware
- Teamwork and Teamplay
- Affordable Portables
- Outdoor Adventure
- Denver Mountain Parks
- BOEC
- Project Adventure