

<b>COOP</b>	<b>Team Building &amp; Group dynamics</b>	s6	<b>session plan</b> <b>EQF level 5</b> unit of LO COOP 1
<b>Objectives</b> <ul style="list-style-type: none"> <li>• Know when and how to use various kinds of team building tools</li> <li>• Create teams that are inclusive, diverse and resilient</li> <li>• Understand how to create good group dynamics to facilitate learning and personal growth</li> <li>• Have clear roles and responsibilities to ensure cooperation and healthy group dynamics (refer to session plans on co-creation, keepers)</li> <li>• Experience the importance of play for learning and well being</li> <li>• Inspire and cultivate cooperation</li> </ul> <b>Method</b> <ul style="list-style-type: none"> <li>• Team building games and activities (for cohesion, balance, trust and cooperation)</li> <li>• Team building activities within a varied programme of learning</li> <li>• Responding to group dynamics to enable inclusion, diversity and resilience</li> <li>• Inviting participation of the group to lead games and activities</li> <li>• Delegating roles and responsibilities to the group</li> <li>• Group reflection and feedback processes</li> </ul>		<b>Trainer</b>  <hr/> <b>Place</b> Room or outdoors  <hr/> <b>Time</b> 10 mins to 1 hr,  interspersed with other sessions to create balance	
<b>Content</b>	<ul style="list-style-type: none"> <li>- Group dynamics</li> <li>- Facilitation of group dynamics               <ul style="list-style-type: none"> <li>o Stay flexible and alert to changing group needs</li> <li>o Establish clear roles and responsibilities in the group</li> <li>o Games and tools to facilitate good group dynamics</li> <li>o Creating balance and variety in a learning programme or session</li> </ul> </li> <li>- How to use the tool box and other resources for playful experiential learning in eco-building (link to module TEACH)</li> </ul>	<b>Documents</b> <ul style="list-style-type: none"> <li>- t_Resources</li> <li>- Online resources</li> </ul> <b>Equipment</b> <ul style="list-style-type: none"> <li>- Paper and pens</li> <li>- Camera/video for recording if consents approved</li> </ul>	
<b>Activities</b>	<ul style="list-style-type: none"> <li>- Use a naming game and/or ice-breaker activity to help everyone get to know each other</li> <li>- Decide collectively on roles and responsibilities within the group (e.g. keepers)</li> <li>- Present games and activities tool box and other online resources</li> <li>- Use a suitable method to divide into smaller groups if necessary, enabling inclusion, diversity and resilience (link to Module TEACH)</li> <li>- Facilitate 2 or 3 team games or activities (preferably spread throughout a session rather than back to back). Examples might include “When I made a difference”, Knotted Rope”, “Folding Tarp”, “Karaoke”</li> <li>- Ask if anyone in the group would like to organise a team game or activity, look for consensus about which ones will be played</li> <li>- When all games are complete, group reflection and evaluation of the deeper meaning and relevance of the games to eco-building and training.</li> <li>- Encourage discussion to establish when and how these games work in a larger teaching programme</li> <li>- Feedback and evaluation of the session to improve future learning and resources</li> <li>- Allow time and space to record new games or ideas so they can be added to the tool box</li> </ul>		

**Preparation**

Create hand-outs/instructions for selected games and activities