

Teambuilding



Teambuilding refers to a wide range of activities for improving positive communication, leadership skills and the ability to work closely together as a team to problem solve. Many youth struggle with peer relationships such as fitting in, kids who are bossy, and kids who don't get along with others. Peer problems can make it difficult to navigate the teen years. Games are a great way to help groups of teens learn skills for working together. Skills can be learned and practiced in a fun and non-threatening way and encourage cooperation.

Strive for Fairness

One of the most common complaints kids make is that something “isn't fair.” They are very adept at recognizing when expectations and consequences are not applied evenly. Students become a cohesive group by participating in teambuilding.

Help Kids Get to Know Each Other

Before kids can work together effectively, they have to know and trust one another. Teambuilding allows students to feel comfortable with each other. These activities force them to go beyond their typical “comfort zone” and get to know kids they might not otherwise interact with.

Provide Opportunities for Cooperation

Activities are structured so teams have to work together in order for them to be successful. Teambuilding games are a fun way to accomplish this!

Reduce Competition

Activities that put students in direct competition with one another are avoided. These kinds of activities do little to encourage teambuilding, and may in fact inhibit it. Behaviors that contribute to edging out a competitor are not usually conducive to developing an environment of cooperation.

Provide Kids With a Voice

Students are provided the opportunity to have a say in the expectations, consequences, and activities of the group. Staff members provide the opportunity for students to feel empowered by helping to create and maintain the very system they are a part of. This easily translates to kids feeling a sense of “ownership” in the program which provides a more cohesive group.

Reasons for Teambuilding

Improve communication, enjoyable learning environment, team motivation, get to know each other, help participants learn their strengths and weaknesses, identify and utilize the strengths of team members, improve team efficiency, and practice effective collaboration with team members.