

Name: Totally Teamwork

Purpose: To develop and utilize a spirit of cooperation and teamwork in a positive environment.

Available to: Junior Girl Scouts

Requirements: Complete the starred activity in "Learning About Teamwork" and five other activities, including at least one activity from "Teamwork by Twos," and at least three activities in the "Group Challenge" section.



Activities:

* Learning About Teamwork

1. In a group setting, define the word "teamwork" in your own words. Why does teamwork feel good? How can teamwork sometimes feel bad? Make a list of five to ten rules for your team to follow so that no team member will feel bad. Make a list of at least ten phrases and words of encouragement to help cheer your teammates on.
2. Learn about the different methods which can be used for troop management and to make decisions in your troop/group (patrol system, executive board system, and the town meeting system). Try one of these ways for two decisions.

For all of the choices in the next two categories, conduct an evaluation of your project(s) immediately upon completion, by answering in the following questions:

- Did everyone feel a part of the team?
- Did the team listen to one another, and were ideas shared?
- Did the team use positive encouragement?
- Were there any put-downs or hurt feelings?
- Was there something that could have been done to make everyone feel better?

Teamwork by Twos

1. Make an object that "floats" in the air: Using plastic wrap, tape, and straws, make an object that will float in the air as long as possible when released (straight down) from a high place. Remember, ideas must be shared and used together. Challenge your floating objects against other teams'.
2. Bug Tug: Partners stand back-to-back. Hold hands by bending forward and reaching through your legs to grab your partner's hands. Learn to go forward, backward, and sideways. For an extra challenge, race another team. **AND**
Partner Stand Up: Sit on the floor with partners leaning against each other's backs. Link elbows tightly. Learn how to stand up together without loosening your linked elbows.

3. Three-Legged Motion: Have partners stand shoulder-to-shoulder, facing the same direction. Tie (but not too tightly!) partners' middle legs together. Learn how to coordinate as a team. Challenge another team to a race. Stand shoulder-to-shoulder again, but have each partner face opposite directions. Once again, tie the middle legs together. How does this differ? Learn to walk forwards, backwards, and sideways.

Group Challenge

1. Human Pie: Tightly pack your group together. Team members "in the pie" can be facing any direction. Encircle the group as closely as possible by having a few members link elbows, facing out of the circle. Everyone should be reasonably packed together. Learn how to walk as one group. Does counting or chanting help?
2. Human Caterpillar: Have the group stand in a line all facing the same direction. The first in line bends over and reaches one hand through their legs. The second in line grabs the hand of the person in front, and passes her other hand back. Continue until all team members are connected. The challenge is to walk 20 feet forward, backward, and to each side. Hint: you may want to line up, connect for a short time, and then brainstorm the easiest method.
3. Single Rope Challenge: Using a long length of rope, have all members place one hand on the rope. Make five designs (letters, numbers, or pictures) all of the team's choice, with the rope, without anyone letting go of the rope. Next, make a pattern which also utilizes your bodies as part of the pattern. Last, tie and untie a square knot (remember, no letting go of the rope)!
4. Group Search: Have a person hide an object in a large area. Using team planning and techniques, conduct a search to find the missing object as quickly and efficiently as possible.
5. Parachute Games: Learn cooperation by lifting the parachute together. Place a ball in the center of the parachute. What happens when everyone shakes the parachute as they wish? Make the ball travel around the parachute in a circle. How fast and close to the edge can you make the ball go? Can you change directions?
6. Stepping Stones: Using newspaper, or a like object, create a line of squares, one for each person, plus one extra square. Have all team members stand on a square. The team now needs to rearrange themselves by alphabetical order, using the following rules:
 - Only one person is allowed on a square.
 - No stepping off the squares.
 - Players may place their hands on the ground off of the squares.
7. Cage Ball: Move a cage ball 20 feet without using hands or letting the ball touch the ground.

The Totally Teamwork Try-It is worn on the front of the Girl Scout sash/vest.