

## ALLEGATO D

### Team building games and icebreakers:

a. A truth and a Lie

**Time Required:** 15-30 minutes

**Goal:** helps to encourage better communication, as well as it lets you and the team get to know each other better.

**Instructions:** Start out by having every team member secretly write down a truth about themselves and one lie on a small piece of paper – Do not reveal to anyone what you wrote down! Once each person has completed this step, allow 10 minutes for open conversation, where everyone quizzes each other on their two questions. The idea is to convince others that your lie is actually a truth, while on the other hand, you try to guess other people's truths/lies by asking them questions. Don't reveal your truths or lie to anyone. After the conversational period, gather in a circle and one by one repeat each one of your statements and have the group vote on which one they think is the lie. You can play this game competitively and award points for each lie you guess or for stumping other players on your own lie.

b. The One Question Activity

**Time Required:** 15-20 minutes

**Goal:** gets team members talking to each other, and it also gets them working with one another.

**Instructions:** the leader gets to decide the situation the question will pertain to. Example situations include babysitting, Marketing manager, KG teacher, Nurse or others. After pairing participants into teams, the leader will pose this question: If you could ask just one question to discover a person's suitability for (insert topic here), what would your question be? Say the leader chose to go with a babysitting situation. That means each person in a two-person team would come up with one question that would help them discover whether or not their partner was suitable to babysit their child. This icebreaking activity can also get mixed up by issuing one situation for the entire group or allocating a different situation to each team member or pair to work on. Depending on the situation chosen, the activity can be very fun, but it can also demonstrate that crucial questions should be developed properly.

c. Guess who I am

**Time required:** 10-15 minutes

**Goal:** Communication skills and eye contact

**Instructions:** divide the team into two people to play together. Each person of the two has to write the name of the other one and look for 30 seconds in his/her eyes. Then give five minutes for each one to guess the characteristics of the other person by writing one characteristic for each letter of the other one's name. After they finish, each person would have 2 minutes to write his/her own characteristics. Then they need to compare the right characteristics with the guessed ones.

Example:

1. Team1: Person X & Person Y
2. Person X writes the name of Y, Person Y writes the name of X
3. X & Y look in each other's eyes for 30 seconds.
4. Then take five minutes: X writes and guesses the characteristics of Y by writing a characteristic for each letter of Y's name. And also Y writes and guesses the characteristics of X by writing a characteristic for each letter of X's name.
5. Give 2 minutes: X writes his/her own right characteristics. Y writes his/her own right characteristics.
6. Compare the characteristics that X guessed about Y with the right characteristics written by Y about him/her-self. Do the same for X.

d. Lost at sea

**Time required:** 20-30 minutes

**Goal:** Creative Problem Solving & Collaboration Skills

**Instructions:** participants must pretend that they've been shipwrecked and are stranded in a life boat. Each team has a box of matches, and a number of items that they've salvaged from the sinking ship. Members must agree which items are most important for their survival.

1. Divide participants into their teams, and provide everyone with a ranking sheet. (Attached PDF)
2. Ask team members to take 10 minutes on their own to rank the items in order of importance. They should do this in the second column of their sheet.
3. Give the teams a further 10 minutes to confer and decide on their group rankings. Once agreed, they should list them in the third column of their sheets.
4. Ask each group to compare their individual rankings with their collective ones, and consider why any scores differ. Did anyone change their mind about their own rankings during the team discussions? How much were people influenced by the group conversation?
5. Now read out the "correct" order, collated by the experts at the US Coast Guard (from most to least important):
  - Shaving mirror. (One of your most powerful tools, because you can use it to signal your location by reflecting the sun.)
  - Can of petrol. (Again, potentially vital for signalling as petrol floats on water and can be lit by your matches.)
  - Water container. (Essential for collecting water to restore your lost fluids.)
  - Emergency rations. (Valuable for basic food intake.)
  - Plastic sheet. (Could be used for shelter, or to collect rainwater.)
  - Chocolate bars. (A handy food supply.)
  - Fishing rod. (Potentially useful, but there is no guarantee that you're able to catch fish. Could also feasibly double as a tent pole.)
  - Rope. (Handy for tying equipment together, but not necessarily vital for survival.)
  - Floating seat or cushion. (Useful as a life preserver.)
  - Shark repellent. (Potentially important when in the water.)
  - Bottle of rum. (Could be useful as an antiseptic for treating injuries, but will only dehydrate you if you drink it.)
  - Radio. (Chances are that you're out of range of any signal, anyway.)
  - Sea chart. (Worthless without navigational equipment.)
  - Mosquito net. (Assuming that you've been shipwrecked in the Atlantic, where there are no mosquitoes, this is pretty much useless.)
  - Sextant. (Impractical without relevant tables or a chronometer.)