

**Fun exercises that will help members work together, listen carefully, follow directions, plan ahead, help each other with a task and get to know each member's strengths and talents are a wonderful way to BUILD your Council TEAM. Great TEAM BUILDING activities can be found online—for groups of any size and age. Do a search and see what you find---or try one of these!**

### **TEAMBUILDING THE DOMINO EFFECT**

Participants: equal teams of no less than 5 and up to 8 per team  
Timing 30 min—1 hour (depends on the number of dominos used)  
RESULTS: Teamwork, Communication, Creativity, Cooperation, Problem Solving, Leadership

#### **Overview**

Team or team must successfully design a domino display that when one is touched, they all topple in succession.

#### **Equipment and Layout**

Choose if each team will be limited to a banquet table or a defined area on the floor.  
Provide each team with the same number of dominos—at least 50 and up to 250 for large floor areas.  
One table or equal sized floor space (as in a gym) for each team.

#### **Running the Activity**

- Rules: 1. only dominos can be used to create the display  
2. everyone on the team must participate

#### **Measure of Success**

Every domino must topple.  
If more than one team, winner will be the one who executes the more complex/creative design.

### **TEAM BUILDING: Planning THE PAPER TOWER**

Participants: individual exercise  
Timing: 5 min exercise, 5-10 min discussion  
RESULTS: planning, time management, "thinking on your feet," communication, troubleshooting—and identifying these skills in individual members

#### **Overview**

Each participant is given a single sheet of paper and told that it's absolutely necessary that they construct the tallest free-standing structure in just five minutes using no other materials.

#### **Equipment and Layout**

Each person needs an identical piece of paper and a flat surface to build on.

#### **Measure of Success**

Discussion identifies skills of team members and all conclude what could be done differently to improve the next time.

## **TEAMBUILDING: Brainstorming** **THINK BIG!**

Participants: Any number, small groups of no less than 3 no more than 5

Timing: 20-30 min

RESULTS: change, problem solving, long term and short term planning, collaboration

### **Overview:**

Working in small groups, participants will brainstorm goals, identify barriers, and plan solutions to achieve the goals.

### **Running the Activity:**

Close your eyes. Take a minute to dream and visualize what you think your CCW should look like.

Think about goals. How can your CCW support, empower and educate all Catholic women in spirituality, leadership and service? Are there any projects that could be undertaken? Dare to dream BIG! In groups of 4 – 5, share your dream. When you are finished, share your small group dreams with the entire group.

Now, list barriers that may keep the dreams from becoming a reality. Again, break into groups of 4-5 to share the barriers that have been identified. Share these barriers with the entire group.

Finally, develop responses to counter each of the action-blocking barriers that have been identified. Again, start in small groups and then share with the entire group.

### **Measure of Success:**

Dare to create a path for change instead of being stopped by barriers. We can all think of reasons that inhibit change. The good leader will identify reasons that change is necessary and find ways to make changes and pursue new goals. They will surround themselves with people who will help and support the identified goals (dreams). Remember, nothing is impossible with God!

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