
4.2 Teambuilding

Once the group is there, there are plenty of methodological tools which help to make first steps towards forming a group identity, getting to know each other and establishing conditions for trust. Many exercises use a moment of surprise, placing the group members at the border of their comfort zone. These activities are suitable for almost any group and setting.

Cheer up the public transport

Time:

2 hours

Target group:

Any

Group size:

3-10

An easy way to make sure everyone has experienced an action in your group, is to prepare a small, easy one. You can use this as a way of building your team. Many people have never taken part in anything like an action before, so do make sure that everyone feels comfortable.

We choose this action in particular as it is easy to join with different levels of participation, and it is possible to come along without actively doing anything other than just experiencing the atmosphere. The public transport action can be made with many different purposes, such as: a social angle - making travelers speak to each other and improve the social climate; an environmental angle - to promote the public transport instead of using cars (as it is such a nice mean of transportation); an artistic angle - reflecting on our role in everyday life; seeing the action as an installation, or, for example, as a reaction to a recent event, like violence in the public transport.

Go through some different possible angles to what you are doing and let the group decide what they would like to communicate with it. Think about what you will answer when you will be asked by the other passengers. It is good to have a common idea of how you want the action to be received by the audience, but it is not a must.

How to prepare the action

Ask the participants to bring decorative elements with them from home, as for example plants, textile, carpets, small pictures, a washing line e.t.c. Briefly explain that there will be an action taking place, and what it will involve. When the participants arrive, explain what you will do, and that it is possible to be involved in different levels. Make sure everyone knows that they do not have to participate but can if they like.

Tell that different people in the public transport, as well as the authorities, could welcome or disapprove the action and what different scenarios would look like. Make a plan together on how to react to different reactions. Some people can join the action "under cover". People can then participate simply by starting conversations with other passengers or listening to different reactions of the public. You can stimulate different effects by for example setting up all at once when you are inside the public transport, or to set up a little by little, in a slower pace. The second option is often seen less intrusive from other passengers and sometimes people will spontaneously join the action by, for instance, spreading out their scarf over the seat, to make the seats more colorful. Before leaving to set up the action, make sure someone is responsible to document the action (if that is wished).

After setting up, enjoy the ride, speak with the other passengers and ride for as long as you decided in advance. Then carefully take down the installation, get to your meeting point and share your experiences.

Musical chairs with questions

Time:

>30 min

Target group:

Any

Group size:

3-10

This is a team building activity where at the same time people get to know each other.

Make a circle in the room with chairs. Prepare the session by sticking some questions behind the chairs (one question for each chair). The questions will be

about creative activism, about expectations, personal information, weird questions, etc...

When the music starts, participants dance while moving around the circle of chairs. When the music stops participants should sit in the chair closest to them. The facilitator then point out some people and they have to answer the questions they have in their chair. After 3 or 4 people answered, the music starts again and participants start dancing again until the next time the music stops. Repeat this as many times as you think is necessary.

Some suggestions for questions are:

What does creative activism means? One word that defines you? When you think about creative activism what do you think of? Something you would change in your country? Something you would ask for to politicians in your country? Make the noise of your favorite animal! What was the last artistic thing you have seen? Which famous character were you in love with when you were a teenager? Show us one your hit dance steps! Tell us something you have always wanted to do in the street and why!

Tip:

Using variety of music styles and even cheesy music helps to set a relaxing and funny atmosphere. Take in account the type of group you have when you decide the type of questions you will stick in the chairs.

Possible mission

Time:

>30 min

Target group:

Any

Group size:

3-10

This exercise will allow you to generate a good ambience, to build a team and to see your participants in "action" in a fun way.

Give the group a paper with a list of tasks related with the topic of your workshop or to build a team, ask them to complete the tasks in 30 minutes (if you have a big group you can give them 2 papers). In this case the tasks were:

1. Names: create a game to learn the names of each other.
2. Choose a Banksy graffiti and represent it in a freeze frame.
3. Write and sing a song dedicated to the University containing this words: tra-la-la; Irn Bru, bon bon, free hugs, Glasgow City Council, BBC.
4. Make a list of "Do not signs"(ex. Don't enter, don't smoke) you found in the university.
5. Make a group photo (including the deliverer).
6. They're some quotes related with creative activism hidden in the room. You must to find 3, but take care because they are other quotes non related.
7. Make a definition (like you can find in the Oxford English Dictionary): what is creative activism?

Silent ice breaker - routes of creative activism

Time:

30 mins

Target group:

Any

Group size:

3-10

There is a set of cards with tasks (actions), each of which are somewhat related to a moment in history. The tasks are ordered in a sequence so that on each paper there are hints to when the task shall be done.

Example: 1. "You are the first one - take a chair in the middle of the room and sit down" (Reference to Rosa Parks action)

2. "When You see someone sitting on a chair in the middle of the room, join

them." (this assignment is the same for two people, still the same reference)

3. "When three people are sitting on chairs, take two sticks that you can find in the room and start to drum on a chair." (Rhythms of resistance)

4. "When someone starts to drum on a chair, play a clown and caricature a random person in the group". (Clown army)

(and so on)

In the case of success the group shall go through the sequence of tasks fluently.

1. Explain the rules of the game: through a lottery each of the participants get a paper with a task. In that moment the rule of silence starts - participants are not allowed to discuss the papers, show them to others and are allowed to speak or make noises only if its the assignment.

2. Give the signal to start the game - the participants shall just look around, what's happening and react, when its their turn.

3. Reflection round: let participants freely reflect on the activity, asking about their associations on which creative activism act was referred to each task. If deeper explanation necessary, ask the participants to complement each other.

Tip:

If there are not enough people and each of us have to take 2 or more tasks, people might get lost in reading the papers and not enjoying the game. The best is if the facilitator can just take out the tasks that are over.

Speed dating

Time:

30 mins

Target group:

Any

Group size:

3-10

This method suits as intro activity to break the ice of the group and the

participants starts to get to know each other a bit better.

Tell participants that they will be involved in a special type of speed dating. Original speed dating is an organized method of meeting potential romantic partners in which participants evaluate each other over the course of a single event through a series of brief one-on-one meetings. For this special type of speed dating participants will make couples and talk for around 5 min about a topic or question that facilitator will give to them. After first 5 minutes participants have to find a new couple and a different topic will be given to them. Participants keep changing couples and sharing about different topics as times as the facilitator decided.

Some suggestions for questions could be:

Tell about the last action you have been involved? Why you decide to came to this workshop? Your favorite ice-cream flavor? Somebody that inspire you? Where do you live? Tell about the organization are you coming from. Share a topic you are engaged with...

Tip:

You can make this activity with people sitting around, standing up mixed or even standing in two circles, one inner and one outer, choose the setting you feel more comfortable with or even create your own! To create a balance between interesting conversations an a relaxing atmosphere we recommend to you o mix different type of questions: some deep, some funny, some personal, some non-personal, some random, etc... When the place gets silent is a good signal to change couples and give a new question!

Talk to me about...

Time:

>30 min

Target group:

Any

Group size:

Pair

This method is taking a shortcut to interesting conversations.

This method is good to quickly get beyond the standard questions when people meet each other for the first time. Its especially good in a semi-informal setting such as dinners or a networking event.

The participating people write down what they feel like talking about the very moment. Make sure people feel comfortable to write really ANYTHING on their note, not just what they think is appropriate for the event. This way you can make sure the conversations become truly interesting. The paper with the hints, often shaped as a speech bubble, is stuck with security pins to their backs. The topics of the main interest so become visible, and when choosing whom to speak to, you always have an entry point to interesting conversation.

Tip:

Play with the design of the messages to fit your event. You can wear the message above your head, carry it on a stick, shape it to different items. e.t.c.

The super power

Time:

>30 min

Target group:

Any

Group size:

3-10

This is an introduction exercise to break the ice between participants and getting to know each other.

Participants sit in a circle. Ask participants to answer this question: if you would have a super power, which one would it be and why? Give them some minutes to think about the answer. Participants share their answers.

Tip:

Depending on the group you can also ask them to imagine and perform their super-posture.
