



Building Community: Activate Your 4-H Club with Team Building

Jenny Speyer, 4-H Program Instructor

Livingston/Washtenaw Counties

speyerje@msu.edu

Michigan State University
Extension programs and
materials are open to all
without regard to race, color,
national origin, sex, gender,
gender identity, religion, age,
height, weight, disability,
political beliefs, sexual
orientation, marital status,
family status or veteran status.



In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.)

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, and American Sign Language) should contact the responsible State or local Agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form, which can be obtained online, at <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

mail:
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or

fax:
(833) 256-1665 or (202) 690-7442;

email:
program.intake@usda.gov.

This institution is an equal opportunity provider.

Conforme a la ley federal y las políticas y regulaciones de derechos civiles del Departamento de Agricultura de los Estados Unidos (USDA), esta institución tiene prohibido discriminar por motivos de raza, color, origen nacional, sexo, edad, discapacidad, venganza o represalia por actividades realizadas en el pasado relacionadas con los derechos civiles (no todos los principios de prohibición aplican a todos los programas).

La información del programa puede estar disponible en otros idiomas además del inglés. Las personas con discapacidades que requieran medios de comunicación alternativos para obtener información sobre el programa (por ejemplo, Braille, letra agrandada, grabación de audio y lenguaje de señas americano) deben comunicarse con la agencia estatal o local responsable que administra el programa o con el TARGET Center del USDA al (202) 720-2600 (voz y TTY) o comunicarse con el USDA a través del Servicio Federal de Transmisión de Información al (800) 877-8339.

Para presentar una queja por discriminación en el programa, el reclamante debe completar un formulario AD-3027, Formulario de queja por discriminación del programa del USDA, que se puede obtener en línea, en

<https://www.usda.gov/sites/default/files/documents/ad-3027s.pdf> en cualquier oficina del USDA, llamando al (866) 632-9992, o escribiendo una carta dirigida al USDA. La carta debe contener el nombre, la dirección y el número de teléfono del reclamante, y una descripción escrita de la supuesta acción discriminatoria con suficiente detalle para informar al Subsecretario de Derechos Civiles (ASCR, por sus siglas en inglés) sobre la naturaleza y la fecha de la presunta violación de los derechos civiles. La carta o el formulario AD-3027 completado debe enviarse al USDA por medio de:

correo postal:
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; o

fax:
(833) 256-1665 o (202) 690-7442;

correo electrónico:
program.intake@usda.gov.

Esta institución ofrece igualdad de oportunidades.



Ice Breaker

- Share with your table:
 - Your name
 - Your pronouns (if you would like)
 - Where you are from
 - Where is a place you feel like you belong and why?





Today's Objectives

- Learn new team building activities to take back to your club that are:
 - For small and large groups
 - For youth just getting to know each other (low risk) and those that are already close (high risk)
 - With minimal supplies needed
 - Active and passive activities
 - For large or small spaces





Today's Agenda

- Do team building activities together
- Break into small groups and explore another activity as a group
- Share out on what your activity was and how you did it. Share how you might use this activity in your 4-H club or 4-H program



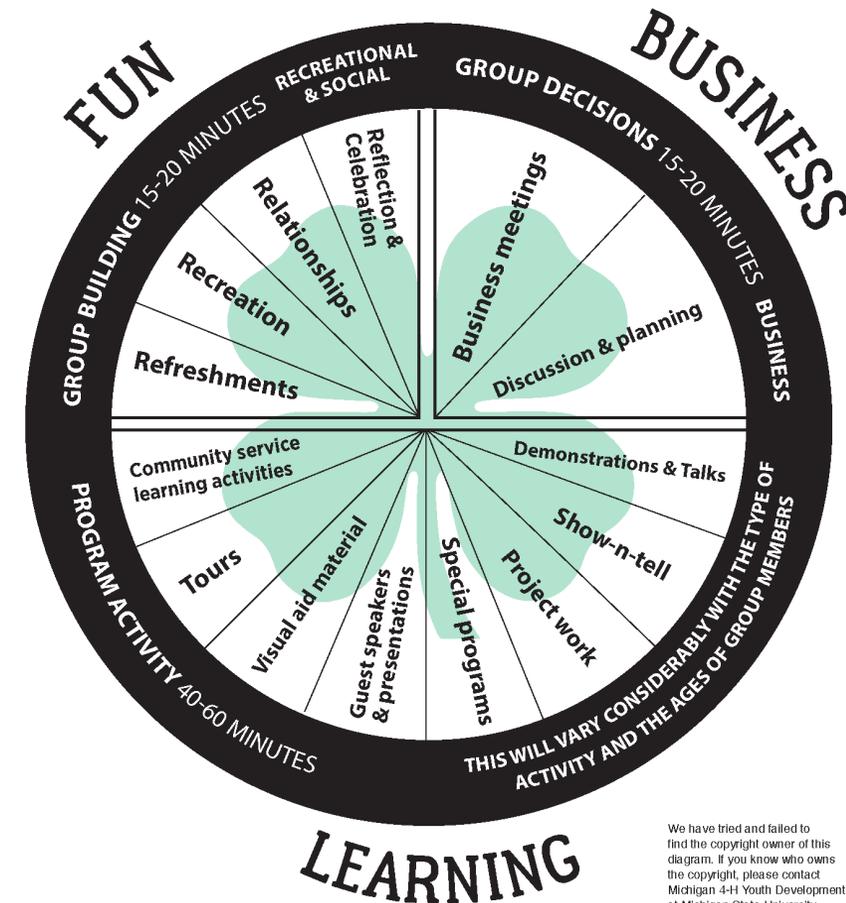


Why Team Building?

We want 4-H'er to feel like they belong!

- Breaks Down Barriers
- Builds Community (and Youth/Adult Partnerships)
- Fosters Connections
- Enhances Communications
- Builds Trust
- Helps Us Work More Effectively

4-H Club Meeting Wheel



We have tried and failed to find the copyright owner of this diagram. If you know who owns the copyright, please contact Michigan 4-H Youth Development at Michigan State University.



When Choosing Teambuilding Activities



- Fit to Content
- Audience-Appropriate
- Consider Setting
- Consider Abilities
- Consider Ages and Stages



Strategies For Implementing



CREATE A POSITIVE ENVIRONMENT:



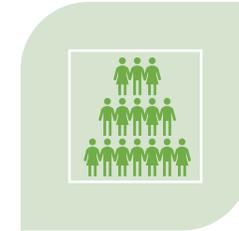
GET PEOPLE'S ATTENTION



DON'T TALK OVER PEOPLE...IT WON'T WORK!



DON'T GIVE EXTENSIVE INSTRUCTIONS AT ONCE



BREAK INTO SMALL GROUPS FIRST



BE PREPARED



PARTICIPATE WITH THE GROUP IF POSSIBLE



QUIT WHILE IT'S STILL FUN



Activity: Stacking Cups

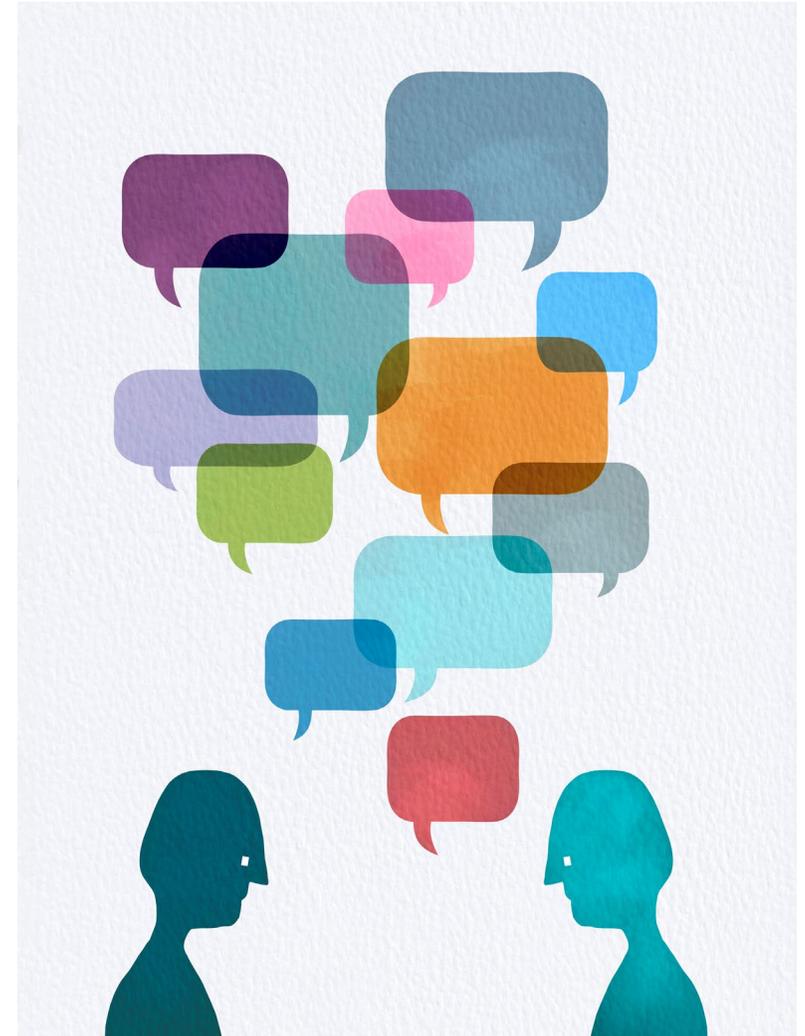
- Materials: Plastic Disposable Cups, Rubber Bands, Yarn or String
- Time: 10-20 minutes
- Purpose: Challenges youth to work as a team to accomplish a shared goal. Improves trust and communication among team members.
- Procedure: Tie yarn or strings to a rubber band that are spaced evenly around the rubber band. (make sure they aren't brittle) and have a group of youth stand around a table with a stack of plastic cups. Instruct youth that they must each hold one string and work together to unstack the cups and then stack them into a tower. For the first round, they can talk to each other. For the second round there is no talking.

Small or Large Group **Some Materials** **Active** **Low Risk** **Small Space**



Debrief

- What did you like about this activity?
- How could you adapt this activity for your club or program?
- Do you see any barriers to participation? What accommodations could you make so all youth could participate?





Get into groups!

- You are going to get in groups, count off by 5s going around your table
- Once you have numbered off, find the table with your number.



In Groups

- At the table you will find a description of a team building activity and any supplies you need.
- Read through the description as a group
- Nominate one person as a facilitator to lead the activity and then try out your team building activity together.
- After you are done, answer the debrief questions.
- Once all the groups are done, you will need at least one volunteer to share out what your activity was, how it went, and how you might use it in your club or program!



Groups



GROUP 1:
BETCHA NEVER



GROUP 2: GRID
MINEFIELD



GROUP 3: SECRET
LEADER



GROUP 4:
COMFORT ZONES



GROUP 5: ROPE
GEOMETRY



Share Out!

- What was your activity?
- How did it go?
- How might you use it in your club or program?
- Would there be any barriers or accommodations you could use?





Activity: Concentric Circles

- Materials: Questions
- Time: 5-15 minutes
- Purpose: Provide an opportunity for individuals to interact one on one with several other people in the group in a short time.
- Procedure: Divide participants into two groups, an inner circle (which faces outward) and an outer circle (which faces inward).
- Pose a question for participants to discuss with the person facing them.
- Before the next question, the inner circle stays in place while the outer circle moves.

Large Group

No Materials

Active

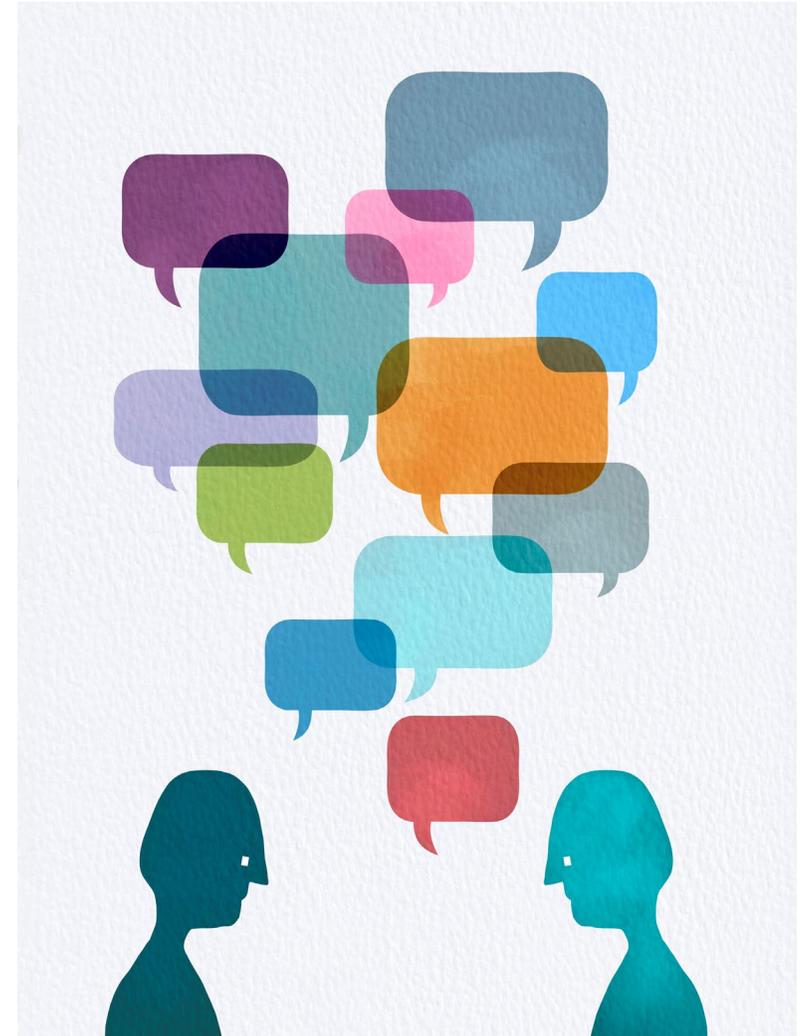
Low Risk

Larger Space



Debrief

- What did you like about this activity?
- How could you adapt this activity for your club or program?
- Do you see any barriers to participation? What accommodations could you make so all youth could participate?





Thank You!

Complete the survey!

Jenny Speyer, 4-H Program Instructor

Livingston/Washtenaw Counties

speyerje@msu.edu





Resources:

- [Fun Team Building For 4-H Advisory Groups](#)
- [Group-Building Ideas for 4-H Club & Group Meetings](#)
- [4-H Ice Breakers](#)
- [Why is team building so important?](#)
- [Team work in the workplace](#)
- [10 4-H Club Ice Breaker and Team Building Resources from OSU](#)

Michigan State University Extension programs and materials are open to all without regard to race, color, national origin, sex, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status.



In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.)

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, and American Sign Language) should contact the responsible State or local Agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form, which can be obtained online, at <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

mail:
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or

fax:
(833) 256-1665 or (202) 690-7442;

email:
program.intake@usda.gov.

This institution is an equal opportunity provider.

Conforme a la ley federal y las políticas y regulaciones de derechos civiles del Departamento de Agricultura de los Estados Unidos (USDA), esta institución tiene prohibido discriminar por motivos de raza, color, origen nacional, sexo, edad, discapacidad, venganza o represalia por actividades realizadas en el pasado relacionadas con los derechos civiles (no todos los principios de prohibición aplican a todos los programas).

La información del programa puede estar disponible en otros idiomas además del inglés. Las personas con discapacidades que requieran medios de comunicación alternativos para obtener información sobre el programa (por ejemplo, Braille, letra agrandada, grabación de audio y lenguaje de señas americano) deben comunicarse con la agencia estatal o local responsable que administra el programa o con el TARGET Center del USDA al (202) 720-2600 (voz y TTY) o comunicarse con el USDA a través del Servicio Federal de Transmisión de Información al (800) 877-8339.

Para presentar una queja por discriminación en el programa, el reclamante debe completar un formulario AD-3027, Formulario de queja por discriminación del programa del USDA, que se puede obtener en línea, en

<https://www.usda.gov/sites/default/files/documents/ad-3027s.pdf> en cualquier oficina del USDA, llamando al (866) 632-9992, o escribiendo una carta dirigida al USDA. La carta debe contener el nombre, la dirección y el número de teléfono del reclamante, y una descripción escrita de la supuesta acción discriminatoria con suficiente detalle para informar al Subsecretario de Derechos Civiles (ASCR, por sus siglas en inglés) sobre la naturaleza y la fecha de la presunta violación de los derechos civiles. La carta o el formulario AD-3027 completado debe enviarse al USDA por medio de:

correo postal:
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; o

fax:
(833) 256-1665 o (202) 690-7442;

correo electrónico:
program.intake@usda.gov.

Esta institución ofrece igualdad de oportunidades.