

# Team building



**Intended Audience:** Year 6 up to Year 13

**Intended Session Length:** 45 mins

This session will ultimately provide your students with the perfect environment to introduce themselves to one another, practice social skills to build foundations for relationships and introduce effective team work skills to achieve certain outcomes and goals. This will therefore reduce any nervousness about starting this academic year and build a healthy bond in the year.

The tasks will be dependant on the year group but they will all start with an introductory game where they will get to know a little more about one another in regard to personality traits, hobbies and facts. They will then move onto competition games where they have to work in teams to complete certain tasks and beat the other teams.

These team work skills will not only benefit them now but help them to understand how to use these successfully to achieve goals in the future.

**Session outcome:** To be confident with meeting new people and the skills needed for effective team work and relationship building.

## Framework Themes:

Team work skills

Social skills

Attainment

## Session Objectives:

To introduce students to one another and begin a foundation for relationships

To practice social and team work skills such as decision making

To help relieve nervousness about starting this academic year

To learn how to present oneself to new people