

Session 2: Group Formation- Group contract

ASPIRE PROGRAMME

TIME	WHAT	DETAILS	EQUIPMENT NEEDED
10 min	Ice breaker	Partner Tag. Split group into pairs, pick who is in and play tag. After 2 minutes stop the game and add in variations of the rules: - Walking backwards - only turning left - Cyclops	-
10 min	Name game (refresher)	Name toss and if time world record (throw the object around each member of the group as fast as possible-team). Say your names as a part of this.	Rubber duck or chicken, any random weird item.
5 min	Debrief	Word whip- ask the group to share one word describing what they think is important to a good team. Whoever is speaking can hold the item and pass it on to the next person.	-
15min	Main Activity Observe if team uses the values mentioned.	Group Juggle- Flow on from previous activity, Get group to throw the ball across the circle. Eventually add in more balls/items to throw, so that there can be anywhere between 1-10 items being thrown at any one time.	Several balls/small items (at least 5)
5min	Group discussion/debrief	What did I ask you to do/ What did we just do? How'd it go? What was the result? What did we do well/what worked, what was a challenge? Flow from this into contract:	-
15min	Group contract	Thinking back before the activity, what did we think was important to a good team? Did we show/do these? What else do you think are important to a team? Explain the Contract, and how it's an opportunity to have a say into how the team operates; - What are some values that you think are important for us? – How do you think we should act as a group/team? Write the values on the contract, and then get everyone to sign it.	Contract Item (kiti?), permanent markers,
10min	Finishing game Lock in these values- use them!	Moon Ball- Team attempts to juggle or 'volley' a ball as many times as possible. Emphasize using the values just put on the treaty.	Big, soft, light ball. E.g beach ball, Volleyball

Purpose:

Formation is an essential component of group development, and a group contract is a key way of establishing group culture, and gives the whole group a chance to speak into how they want the group to operate. This session should focus on establishing core group values, and gaining buy-in from the whole group.

Activity Briefs:

Partner tag: *Split the group into pairs.* Everyone must walk- no running. One partner is 'in', other is attempting to escape. If one partner tags the other, the tagged partner becomes 'in' and they must do three full spins on the spot before chasing after their partner. Nobody is allowed out of the boundaries.

Facilitator can join in if there is an uneven number of participants. After a few minutes, add in a new rule:

- "From now on, everyone must walk backwards"

- "From now on you can only turn left! (Everyone walking forward now). "

- Cyclops tag: "Everyone close their left eye. Make a circle with your right hand, and look through it (like a telescope). Raise left hand to shoulder height as a 'safety bumper!'"

Feel free to add in any other variations in place of these.

Name toss: *Gather the group into a circle.* Using one object, toss it across/around the circle without dropping it and without passing to the person next to you, saying your name and who you're passing to: "John to Anna!" *After 1-2 minutes of this, add in a variation:* Now, instead of saying your name and the person's name who you're throwing to, say who you're throwing to, and who they are to throw to: (John is throwing) "Anna to Simon!"

After another minute or 2, stop the group. Now this time throw it across the circle (not the person next to you) without dropping it and remember who you've thrown to. Once it gets back to the first person (this can be facilitator or participant), stop and check if everyone remembers. Throw it again through the same order to lock it in.

See how fast you can get it passed through the circle, set an easy goal and try to beat it.

Debrief: Word whip is a short, quick check-in with the group. *Keep group in a circle.* Get the group to share one word, ask them what's stood out so far, and then what they think is an important value for a good team.

Group Juggle: This is similar to the name toss activity, and flows well from it. Get the group to keep throwing the ball/object through the order, except this time add in a second ball/object. If the group does well, keep adding in objects. If the group drops an object or struggles, pause and ask: What is the challenge? What can we do to be more effective? How can we work as a team? Each time a ball gets back to the first person in the order that is 1 point. See how many points the team can get with multiple objects being thrown at any one time, and set a goal to reach.

Debrief: *Sit down in a circle with the group*

-*What happened?* What happened in that activity? What happened for you? What was the end result?

- *So what?* How did you feel about what happened? What did you think was going on? What was the group doing? Why did you get this result? What worked well/what were the challenges? What did this require of you (skills, knowledge)? What are some values/skills that you used in this activity that helped you?
- *Now What?* If you had to do this activity again, what would you do differently? How can we use the skills/values from this activity as a group in the future?

Group Contract: Thinking back before the activity, what did we think was important to a good team? Did we show/do these? What else do you think are important to a team? Explain the Contract, and how it's an opportunity to have a say into how the team operates: The contract is our chance to set our own ground rules. What rules can we have that will make us the best team possible? - What are some values that you think are important for us? – How do you think we should act as a group/team? Write the values on the contract, and then get everyone to sign it.

Moon ball: *Get group standing in a circle.* Using one light, softish ball (beach balls are ideal) challenge the group to juggle or volley the ball as many times as possible. One volley with your hands gets one point. Set a goal for how many points to get. *You can add in a rule for more points: feet for 2 points or heads for 3 points.*