



Teamwork and Cooperation

Values Branch – Step 5

Purpose

The 'Teamwork' step provides a basic knowledge of the principles and value of working as a team. Upon completion on this step, Trailmen should understand through experience, the challenges and benefits of team activities and the importance of cooperation.




1. What is teamwork?
2. Why is teamwork important?
3. How is cooperation important in completing a task or goal?
4. What are some activities that depend on teamwork?
5. What are things that interfere with cooperation and teamwork?

Notes to the Trail Guide //////////////////////////////////////

1. The goal is not for the boys to be experts at these topics, but to gain an increased knowledge and awareness of the Step.
2. Make it relative to your patrol.
3. Remember, these lessons should build from Fox to Hawk and from Hawk to Mountain Lion.
4. See the Leaders Guide for more information on Steps.

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Skills Progression

	<ol style="list-style-type: none">1. Demonstrate teamwork with your patrol in a team building activity.
	<ol style="list-style-type: none">1. Demonstrate teamwork with your patrol in a team building activity2. Give reasons why teamwork is important
	<ol style="list-style-type: none">1. Demonstrate teamwork and cooperation with your patrol in a team building activity2. Give reasons why teamwork is important3. Discuss importance of cooperation and things that get in the way of good teamwork

Helps

1. What is teamwork?

- a. **Goal:** Learn the meaning of teamwork.
- b. **Lesson:** Teamwork is working together as a group, respectfully and effectively, with everyone doing their share.
- c. **Examples:**
 - i. **Ask Trailmen, "What does teamwork mean to you?" Collect answers.** Continue the discussion and help them to come to a definition of **teamwork similar to "Teamwork is working together as a group, respectfully and effectively, with everyone doing their share."**
 1. What does it mean for a team to be respectful of each other?
 - a. Be kind. Value your team and their opinions.
 - b. Figure out ways everyone on your team can be involved.
 - c. **Part of the Trailman Oath is to "treat others the way we want to be treated."**
 - d. **Being a good team player means putting the group's or a team's needs above yourself. Sometimes you just don't always get what you want. Sometimes you can't always be the guy that gets the goal or hits a home run. In the end, it's important that your team won the game or played their best even if you lost.**
 2. What does it mean for a team to be effective?
 - a. To work in a way that allows your team to be successful.
 3. Why is it important that everyone on the team does their share?
 - a. If you are playing tug-o-war against another team and one of your guys decides not to pull, is it likely your team will win? No! When you are on a team you are expected to work your best to do your job so that your team can be successful.
 - b. Unique gifts come together for a common goal. If some in the team do not participate the whole team suffers.
- d. **Example Activities:**
 - i. Lots of animals work together to help each other succeed at living. Can you name some animals that live in groups and work together so they can be successful? Allow boys time to list some animals. What about insects? Do you know any insects that live and work together? Assist in identifying insects that live/work in groups: ants, bees, wasps, aphids, and others. They live together and divide the work of the community together, kind of like doing chores in a family.
 1. If possible, bring in an ant farm (they have \$20 kits available and will ship you live ants from Insect Galore). Ask your Trailmen before this meeting to see if one of them has an ant farm already.
 - ii. **Proverbs 6:6-11.** Ask the Trailmen what kind of things can we learn from ants? Give them one to two minutes to answer. The ants work together to make housing, obtain food, and help care for one

another by protecting. Each ant's job may be different (finding food, protecting the home, or caring for the young), but they all work together to accomplish their task, which is helpful to all.

- iii. Did you know that Christians are similar to ants? The Bible tells us that we have many members, but one body (1 Corinthians 12:12-18). We all are to stay busy doing the work of the Lord our Creator by doing good deeds and sharing (Hebrews 13:16).

2. Why is teamwork important?

- a. **Goal:** To understand the importance of teamwork.
- b. **Lesson:** Teamwork teaches us many important characteristics but most importantly, God did not create man to be alone, He designed us to be a part of team—His Church.
- c. **Examples:**
 - i. Read and discuss Ecclesiastes 4:12.
 1. **What does the phrase “strength in numbers” mean to you? Can you describe a time when this made your team or group more successful?**
 2. **What does it mean a rope made out of three cords? If you and your teammates are two of the cords, who is the third cord? [God.]**
 - ii. What did God say when He created Adam in the Garden?
 1. Gen 2:18
 - iii. Paul tells us that we are part of the Church, the Body of Christ, we are not alone and we have to be able to work together.
Read 1 Corinthians 12:12-27.
 1. **Demonstrate with another leader a three-legged race, except both of you try to go your own way.**
 2. **Can man go their own way and still be effective in the Body of Christ?**
- d. **Example Activities:**
 - i. Discuss with the Trailmen how it takes many different people with many different skills to work together to build a structure like a building or a bridge.
 1. **The foundation of a finished building can't be seen, but yet it determines the strength of the entire building. The foundation starts under the ground with work that we cannot see. However, this work is very important because if it is not done properly, the structure could fall.**
 2. **Blueprints are the map and guide that the construction workers use to aid them in building safe structures. Every worker and trade has a copy of the same blueprints. This ensures that the construction workers can work as a team to get the structure built quickly and safely. Show the Patrol a copy of a blueprint and briefly relate this to a map. Show the Trailmen the legend, scale, etc.**
 - ii. **Apples and oranges:** This game will help Trailmen discover we are all **important to God's team.** *Items needed: an apple and an orange.*

Form a circle. One Trailmen will pass an apple to the right around the circle, the other will pass the orange to the left. However, they cannot use their hands. Feet, elbows, knees, or other parts are acceptable (except mouth). If someone drops the fruit or it touches the ground, that Trailmen must close their eyes. The game continues until only one person with his eyes open remains.

1. **Ask:** What was easy or difficult about the game? What was it like to play with your eyes closed and how did that change how you had to work together? Celebrate that everyone made a contribution to the game—for making it fun and working together to accomplish a goal.

 - iii. **Braided cords:** Make braided cords (either bracelets or necklaces or just something that hangs their belt loops). Make sure there are three cords to remind them a three-cord rope made out of three cords is not easily broken. They are one string; their brother is the next and God is the third.
3. How is cooperation important in completing a task or goal?
- a. **Goal:** To understand that we have to cooperate with each other before our team can be successful
 - b. **Lesson:** Cooperation or working together is vital to a team's success.
 - c. **Examples:**
 - i. What is cooperation? (to work together to achieve the same goal)
 - ii. Why do you think it's important to teamwork?
 1. **It's important to try to cooperate with each other because if we all try to get our own way, usually we will never agree. Listen to what others are saying and consider, is that a good idea or advice? Just because an idea doesn't come from you, doesn't mean it's not a good idea, but we all need to realize we are working toward the same goal.**
 - iii. **Is it hard to work together when we don't get along? How does it feel when we all work together? What happens when we help without being asked?**
 - d. **Example Activities:**
 - i. **Field Day Competition:** In building teamwork, there is nothing like a little friendly competition. In this segment, the boys will be split into teams of three to four to participate in a field day challenge. *Items needed: rope, tarp, 4 tent pegs, 8.5" x 11" card stock, colored markers, colored duct tape, ½"-diameter wooden dowel or small tree branches.*
 1. **Each team will use 8.5"x 11" cardstock to make a team flag and tape the flag to a wooden dowel or small tree branch. Each team will develop its own team yell (help Foxes with ideas if needed). Practice the square knot and the sheet bend knot before the competition begins.**
 2. Have a field day competition by doing a combination of the following event:

- a. Tie a square knot and sheet bend knot
 - b. Build a shelter using rope, a tarp, and tent pegs
 - c. Play tug-of-war
 - d. Other activities that demonstrate teamwork and cooperation as time allows
 3. Make sure there is plenty of water or sport drinks on hand to keep everyone hydrated. Bring snacks for everyone to celebrate the end of the competition. Have a special announcement for the winning team.
 4. In summary after the competition: We learned today that in some competitions, we cannot win alone. Rather, sometimes it takes a whole team to win. As in life, not everyone on your team is the same as you. Everyone has some things that he or she can do a little better than others and some things that he or she cannot do as well as others. It is kind of neat to realize that God made us that way so that we cannot win the game on our own. We need Him and the help of others. (See Ecclesiastes 4:12.)
 - ii. **All Together Now:** Have Trailmen pair up. Instruct them to sit on the floor with their backs to each other and link arms. On "Go!" they must stand up together without using their hands. Options: They must remain silent or try with 3 Trailman.
4. What are some activities that depend on teamwork?
- a. **Goal:** To understand that teamwork is essential to many aspects of our lives
 - b. **Lesson:** Discuss activities that depend on teamwork.
 - c. **Examples:**
 - i. Teamwork is essential to success in families, churches, companies, schools, teams, and many more areas. You will use teamwork in almost every part of your life, for the rest of your life!
 - ii. How is teamwork essential to families? To sports teams? To school work?
 - iii. Imagine if God designed humans with only one hand, or one leg, or without thumbs? Some things would be much more difficult to do. Instead, God designed our bodies just as He wanted them and for specific purposes. Each part of our bodies has a purpose and a design to allow other parts to function. Sometimes, depending on what we are doing, parts of our bodies have to work harder because another part is not able to work to the best of its abilities. This is often how teams have to work together. Sometimes there are others who are able to pick up the slack or are better than us in some things, but teams are designed to work together. God has given us all different gifts so that together we are strong.
 - d. **Example Activities:**
 - i. Ask a high school, college or university coach to come and talk about the commitment, loyalty, and perseverance needed from players.

Discuss the different aspects of his/her job. You may also ask the coach to discuss the rules the players have to obey in order to play on the team. Is there a certain GPA required? Is there a curfew for players (at college)? Can they play in the game if they missed school? Make a connection that to be a good team player (and/or good citizen), we are expected to act or perform a certain way.

- ii. **Human Bridge:** You will need to play this game outside in a grassy area. Mark off about a 20-foot stretch. You will need a few flat square objects, such as construction paper, folders, linoleum tiles, sheets of wood, or baseball bases. Each group needs one more circle than the number of Trailmen on the team (if a team has three Trailmen, they need four circles). The Trailmen will need to get from Point A to Point B without touching the ground. The Trailmen will need to use teamwork to find their way across together by sharing or stretching across the objects. The entire foot needs to be on the squares and they cannot just drag the squares across the ground. Let the Trailmen decide how they will get everyone across the marked area by using the objects they are given. If they touch the ground, the whole team has to start over. Options: If you have enough boys, separate them into two teams and make it a race to the finish line and back. If that was too easy, take some of the squares away (make it one piece for every 2-3 Trailmen).
- iii. **Amoeba Race:** Divide Trailmen into groups of five or six (do with another patrol if you need more Trailmen). Each group of Trailmen forms a circle facing outward with linked elbows. One Trailmen can be the center to be the nucleus. A Trail Guide or another adult should draw a path to the finish line that each amoeba will follow. The Trailmen must stay linked and work their way to the finish.
- iv. **Man Made Web:** Have the Trailmen stand in a circle facing each other. Stand close enough so that when you reach out a hand, you **will be able to grab someone else's hand. Have them close their eyes** or look straight up but try to grab two other hands. Without releasing hands, boys must try to untangle the web.

5. What are things that interfere with cooperation and teamwork?

- a. **Goal:** Acknowledge that there are things that can interfere with teamwork and ways to overcome them.
- b. **Lesson:** Discuss the potential things that might get in the way of teamwork.
- c. **Examples:**
 - i. Ask the Trailman what they think might interfere with cooperation and teamwork?
 1. Poor Communication
 2. Unclear mission or goals
 3. Lack of leadership
 4. Pride and ego (sin)
 - ii. Teamwork means there should be no selfishness (thinking only about what you want) if you are part of a team. Your goal should be to become the best team member you can, and in this way, you will

become a team member who is worth a lot. You should try to be a player who places other teammates before yourself, helps and listens to the coach, and who says encouraging things to your fellow players, even when they make a mistake. You should do your best to win or lose as a team. Connect to 1 Corinthians 12:18-20 (see below).

d. **Example Activities:**

- i. **If You Build It:** Divide student into teams and give them equal amounts of a certain material, like pipe cleaners, blocks, or dried spaghetti and marshmallows. Then give them a challenge to construct. See which team can build the tallest, most stable castle? Or which team can build a castle the fastest? Options: Make a bridge instead that is structurally sound.
- ii. **Save the Egg:** *This can get messy!* Teams must work together to "save" the egg. The egg gets dropped from a certain height. Let the Trailmen think of way to find the perfect soft landing or a creative device that guides the egg safely to the floor.
- iii. **Minefield:** Arrange an obstacle course (either outside or inside). You could simply use pieces of paper or some things that might make noise if they run into them (metal buckets or something similar). Boys work in pairs. Blindfold one of the boys and allow his teammate to guide him through the minefield. Be sure to reconfigure the course between each team so that they don't know what to expect.
- iv. **Circle Sit:** Have everyone stand in a circle facing inward. Then rotate a quarter turn in the same direction. If the Trailmen are standing close enough together, they can sit on the lap of the person behind them, all at the same time and remain supported.

Activity Ideas

- See the relevant patrol and branch section of the activities.
- Or, create your own activity relevant to your troop and region.
- Several ideas are listed below.
 - **Insect races:** Crab-walk forward and backward (who's the fastest?), Jump like a grasshopper (who can jump the furthest?), Do the inchworm exercise (who is the best?)
 - **Obstacle Course:** Set up an outdoor obstacle course that requires the Trailmen to work together as a patrol to successfully complete
 - **Blind Kickball:** Items Needed: Kickball, bandana or cloth to cover eyes. This game is for a large group. Ask the boys to pair up. Have one partner put on the blindfold. The other partner leads the blindfolded boy around and instructs him on when to kick, run, throw, etc. Teamwork is the point.
 - **Three-legged Race:** Items needed: Cloth to tie two legs together for each pair of boys. Have boys pair up the tie the cloth around their legs. Run to a designated point and time them, or race the groups against each other. Teamwork is the point.

- **Wheelbarrow Race:** Ask the boys to pair up and choose one partner to be the “wheelbarrow.” The other Trailman hold the “wheelbarrow’s” legs. Set a beginning point and an ending point. Race from the beginning point to the ending point and have them switch places and race back. The first pair to get back to the beginning point wins.

Game Ideas

- Check the games section online for game ideas.
- Or, create a game that works for your patrol.
- Several activities are given in this help
- Another idea is listed below
 - **Spider legs** - See picture for example. Drill several holes in the side of a 5-gallon bucket. Tie long ropes into the holes. Each person gets a rope. The team must work together to pick up the bucket and move tennis balls from the bucket with ropes to another bucket.



Image 1 Spider Legs Game

Scripture

Proverbs 6:6-11

- Foxes – Think of characteristics we can learn from an ant. Pray for God to show us how to work together as a team.
- Hawks – Think of characteristics we can learn from an ant. Pray for God to show us how to work together as a team. Tell about a time where your selfishness might have got in the way of your team winning.
- Mt. Lions – Think of characteristics we can learn from an ant. Pray for God to show us how to work together as a team. Tell about a time where your selfishness might have got in the way of your team winning. When Christians aren’t working together, what kind of witness do we give to the rest of the world?

1 Corinthians 12:12-18

- Foxes – God has designed a perfect place for you to serve in this world. Do not forget **you are an important part of God’s team!**
- Hawks – God has designed a perfect place for you to serve and use your gifts/abilities in this world. Do not forget **you are an important part of God’s team!**
- Mt. Lions – God has designed a perfect place for you to serve and use your gifts/abilities in this world. What kinds of things do you think he’s gifted you to do? Do not forget **you are an important part of God’s team!**

Hebrews 13:16

- Foxes – God is pleased when we are good and share with others.

- Hawks – God is pleased when we are good and share with others. But we don't earn God's love this way. He already loves us completely! Pray: Dear God, help me to remember to work together with others. Help me to think of others first before me. Amen.
- Mt. Lions – God is pleased when we are good and share with others. But we don't earn God's love this way. He already loves us completely! Pray: Dear God, help me to remember to work together with others. Help me to think of others first before me. Amen.

Ecclesiastes 4:12

- Foxes – Pray: God, thank you for teaching us that we not only need each other, but that we must have You in order to be strong. You are the three-fold cord that binds us to our brothers. Amen.
- Hawks – Pray: God, thank you for teaching us that we not only need each other, but that we must have You in order to be strong. You are the three-fold cord that binds us to our brothers. Amen.
- Mt. Lions – Pray: God, thank you for teaching us that we not only need each other, but that we must have You in order to be strong. You are the three-fold cord that binds us to our brothers. Amen.

Websites

<http://childrensministry.com/articles/10-active-indoor-games>

<http://www.teachthought.com/critical-thinking/10-team-building-games-that-promote-critical-thinking/>

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¹ <http://www.childrenandyouth.co.uk/children/one/>