

7563 DYNAMICS E-BOOK



FOR FLL Jr., FLL, FTC & FRC TEAMS!

**HI,
WE ARE TEAM 7563!**

This is our dynamics E-book!

The dynamics presented in this E-book lasts less than ten minutes and are made in the beginning of the train. Their purpose is fortifying the union, teamwork and make the relationship between the members of the team better.

They are fun and make the environment more fun and comfortable; All of them are direct to FIRST values, improving the Core of a team. It's a resource to spread Gracious Professionalism.



Have fun making them!

- **1- Unpack**

On the floor, put a candy to each student. They must eat their candy without using your own hands to unpack.

Solution: Each student must unpack the candy of a friend.

- **2- Knowing your team**

A circle is made by the team; everyone closes their eyes and a music of your preference is played. Then, one by one, the students and mentors relate some moment important in their lives.

- **3- Inside Out!**

A circle is made by the students and their duty is that, without letting go the hands, they turn around and stay turning back to each other. The solution is: one of the students have to pass up the holding hands of the others.

- **4- MIME!**

First, the team have to write actions, words, characters or animals on little paper. The student must transmit the word or expression that he picked up.

- **5- Guide in the dark**

First, the students must pair up; one of them will be the guide, and the other will cover his/her eyes up with a band. The mentor must hide candy in the room, and the pairs will have five minutes to find them.

- **6- Resolutions**

The members must describe your resolutions and expectations for the competition. This paper will be collected and kept saved; by the end of the season, the mentor must return the paper to each student.

- **7- Let's organize!**

By the end of the train, when the room is messed up, the students must get together and create a strategy to organize the room in 7 minutes!

- **8- Knowing each other's**

Each student must write two qualities and two weakness of him/her. The mentor collects the paper and read in out loud; the other students will try to guess whose is it the paper. The person who wrote will pretend not to know.

- **9- Follow the master!**

First, the students will choose one of them to be the diviner, and this person will leave the room. After that, they have to choose the master, who will make the movements to the rest follow. When this decision was made, the diviner have to enter in the room. All of the students will copy the master, and he have tree chances of guessing who the master is.

- **10- The trip.**

First, the members must make a circle sitting in chairs; someone start the game saying "I'm going to make a trip and I will bring..." and add something that the person next to him/her is wearing/using. Then, this person must reap the sentence of the first one, and add one more thing about the next person, and so it goes. The winner is the last person who remembers everything.

- **11- Trust Circle**

First, the students must sit in a circle form. Next, they have to lay down their heads in the next one legs. After everyone does that, the mentor must remove the chairs; If one student cannot support, he will fall down and so is all the group.

Moral: "Talent win games, but only teamwork wins' championships".

- **12- Selling Products**

Each student wins a different product from one mentor (book, eraser, glasses) and have one minute to make a marketing advertising; when all the students were done with their presentation, they will vote for the best one.

- **13- Musical Chair´s**

First, a circle of chair must be done; the number of chairs must be one less that the number of participants. Then, the mentor must put a song, and while it plays, the participants must walk around this circle. When the mentor stops the song, the people have to sit; one will not get a chair and will lose. The last one will win the game.

- **14- Setback**

Each student wins a paper, and he/she must write your name and choose another member of the team to do a prank. In the end, the person who wrote the prank must do it herself.

- **15- Team slogan!**

Values: Teamwork and union.

The students must creat a slogan for the team.

- **16- Self- esteem**

First, the team is divided in pairs. Then, each of them have two minutes to make compliment about her/hir pairs. When the time is over, they change positions.

- **17- Street Fighter Video**

The team must watch the video "Street Fighter (Championship)"<http://www.youtube.com/watch?v=OpemIKXKQXM>. After, they must talk about never give up or underestimate your opponent.

- **18-Trust**

The coach asked each one to take a chair from the classroom and make a circle where we would have to sit side to side and then lie on the lap of the friend next door, and so to the sound of Uni Duni Te the coach passed and removed the chair from one by one, until everyone balances with only the strength of the legs, so that all trusted them in the next until one of the members can't stand and fall, thus causing everyone to fall as a domino effect.

- **19-Memories of the works performed**

Place students sitting in the dark to the sound of a calm song or that I have some meaning for the team, and ask them to remember the training held, tournaments, trips they have made in robotics.

- **20- Don't give up**

Watch the video "The Best In the World - Joseph Klimber (Climber) - Motivation" and dialogue about the importance of never giving up even with all the problems we have during our journey.
<http://www.youtube.com/watch?v=zJsQR2YMip0>

- **21- Balloons**

We did a dynamic with balloons, where the balloons were thrown up and we couldn't let them fall to the ground. Gradually the teacher took one of the participants, but left the same number of balloons, which made it difficult. With this dynamic, we can realize that teamwork is important, and that no one could do anything without the help of others.

- **22-Letter to yourself in the future**

Students should write a letter to themselves in the future talking about the experiences that the robotics tournament brought to them, (E.g. emotions, learning, friends, expectations and etc..) the letter will be returned at the beginning of the new season.

23-Reversal of papers

A different training: reverses the role of students in the team, programmer will do the research project, that of the robot student will be the leader of the dynamics and so on.

24-Image and Action in English

Image and Action is a game that stirs with imagination. You will have to transmit to your team a word or expression in English through mimics.

25- Meet the people

A table with several photos, each student must choose a photo and make a presentation explaining why that photo represents it.

26-Photoshoot.

The team should take several photos and choose a pose for the Core Values room, the photos must demonstrate happiness, union, fun etc.

27-Self.

Each student writes two qualities and two of his defects in a paper, the coach collects and reads the papers aloud and the team tries to figure out what quality is from who.

28-Millionaire Smile

Each ball is worth R\$1,000.00. The teacher will distribute to each person in the group 5 balls of paper, these should be dispersed in the place where the joke will be performed. Given the sign students should go out and look for a companion, then they should stop in front of them, stare at the eyes of this companion who in turn cannot smile. Whoever smiles first pays a ball to the person he smiled at. It wins whoever ends the game with more "money", which will be the millionaire.

29-Pass the beam with your feet.

Dynamics use a block of 15 by 3, and works as follows:
The team members form a wheel, the block has to be passed by everyone and return to the first in 2 minutes, but on one condition, can only be passed by their feet without interference from any other member or person and if it falls to the ground , the block returns to the first foot.

That is cool! However, remembering, what really matters to the union of a team is not if everyone can accomplish the proposed challenge, is the way in which they perform and work together.

30- Imagination

This dynamic of concentration and creativity helps to awake the creativity and intuition; it makes an environment of friendship and relaxing in the participants.

Materials: Tape player and relaxation songs.

Procedures: The group listen to music for 10 or 15 minutes.

Before putting the song, the mentor tells the members to hear while imagining a story that can be reproduced.

Stop the song.

The mentor asks each of the participants to tell the story.

The stories that awake more interest in the group will be interpreted by the components.

The director of every story will be the person who created it.

Tips: observe and score for the participants the level of creativity and spontaneity of them, if the communication occurred in a clear way and if appeared leaders during the task.

Duration of the activity: 1 hour.

Maximum number of people: 20

Minimum number of people: 2

31- Dynamic Disinhibition, oratory and improvisation

The student starts to tell how his/her trainings are (or projects, robot). In the center of the table, there are a lot of objects that are delivered for the person who is speaking, and she/he has 20 seconds during the speaking to make an association of what she/he is speaking with the object.

32- The man that roar

The team must create and present a theatre that contains a beginning, middle and end using the theme "The man that roar". The time to make this teamwork activity is 5 minutes.

33- World disaster dynamic

It happened a world disaster and the only survivors are you. So, a divine creature comes to earth to give to you the power of saving 4 humans beings, you have 5 minutes to present and justify your choices.

34- Self-esteem

The students form pairs and each pair has 2 minutes (don't tell the duration for the participants) to compliment your pair, after the 2 minutes the roles are reversed. The listener must be in silence.

35- Knowledge

Each team member writes a curiosity on a piece of paper. All the papers are put in a box and the members remove each one. The papers are read out loud and the person who wrote identifies herself/himself.

36- Tips

Each student will write a phase (advice, thought) that helps the team during the competition, and those tips are going to be read in the week before the competition.

37- Campfire Stories

A classic activity that inspires storytelling and improves team bonding. Teams gather in a circle and share their workplace experiences. Along the way, they learn things about each other and relive old memories.

Number of participants: 6-20

Duration: 45 minutes

How to play

1. Create a set of trigger words that can kickstart a storytelling session. Think of words like "first day", "work travel", "partnership", "side project", etc. Add them to sticky notes.
2. Divide a whiteboard into two sections. Post all sticky notes from above on one section of the whiteboard.
3. Ask a participant to pick out one trigger word from the sticky notes and use it to share an experience (say, about his/her first day at the company). Shift the chosen sticky note to the other side of the whiteboard.
4. As the participant is relating his/her experience, ask others to jot down words that remind them of similar work-related stories. Add these words to sticky notes and paste them on the whiteboard.
5. Repeat this process until you have a "wall of words" with interconnected stories.

38- Share Your Bucket List

If you want to know somebody, you have to first know what they want.

That's the premise behind this remote team building activity. Participants share their bucket lists, telling each other what matters to them and why. This gives team members a much better understanding of each other's beliefs and motivations than simple personal trivia.

Number of participants: 4+

Duration: 60+ minutes

How to play:

1. First, ask everyone if they are comfortable sharing their bucket lists (i.e. things they want to do before they kick the bucket) publicly. If they are not, exclude them from the activity. If a large number of people fall in this camp, it might be better to choose a different activity.
2. Ask one person to share the top 5 things on his/her bucket list. Also ask them to share why it matters to them and how they plan to achieve it. Keep in mind that bucket lists are meant to be achievable, not outright fantasies ("make a million dollars" is a legitimate goal, "make a trillion dollars" is not).
3. As the participant shares his/her bucket list, team members talk about whether any of the items fall on their bucket list as well, and if yes, why.
4. If two or more participants have the same item on their bucket lists (happens more than you realize), encourage them to team up and find ways to achieve it. A shared goal can be a powerful source of team bonding.
5. Do this for every participant. You don't have to necessarily follow any structure - just be casual and conversational.

39- True Lies

It may take its name from Schwarzenegger's 1994 action-comedy, but this simple game is no laughing matter. It's particularly effective for breaking the ice in new teams. The game is easy enough - people gather around and tell three truths and one lie about each other. Others have to guess which of these are truths, which are lies. First impressions and unfounded misconceptions all get changed along the way.

Number of participants: 2-20

Duration: 30 minutes

How to play:

1. Bring all the participants into a video conference.
2. Ask each participant to think up three truths and one lie about themselves. If you're short on time, cut this down to just one truth and one lie. Participants should make sure that the lies aren't easy to guess (think "I was on the highschool football team", not "I'm from Mars!").
3. One participant then says these truths and lies out loud (go by alphabetical order to make things easier).
4. All other team members have to guess which of the four statements is the truth. You can ask team members to hold up a sheet of paper with their guess for everyone to see.
5. Once everyone has guessed, the participant shares the truth. All correct guesses earn 1 point each.
6. The exercise continues with other participants. At the end of the exercise, the team member with the highest number of points wins.

40- Online Gaming Sessions

This is probably the most accessible remote team building activity there is - a gaming session! From better communication to team bonding, playing your favorite game with your remote coworkers is the perfect way to build up camaraderie.

Number of participants: 2+

Duration: Any

How to play:

1. Poll team members on what their favorite online games are. Build consensus on what games everyone can participate in. Choose something that no team member is particularly skilled in, otherwise it will lead to a skill mismatch. Also try to pair up a new team member with a senior pro to break the ice.
2. Try to choose games that demand teamwork (such as Counterstrike or Fortnite).
3. Segregate all participants into two (or more) teams. Mix up team members so you get a good general mix of skill and experience (i.e. pair an experienced player with a beginner).
4. Play!

Strategy

Some of the most popular online games - Fortnite, Counterstrike, Starcraft, Dota, etc. - demand clear communication and organization skills from its players. They also improve camaraderie. Pair up the right people together and you can greatly change how team members feel about each other.

And of course, they're a lot of fun as well!

41- Shipwrecked

Your plane has just crashed on a deserted island in the middle of the Pacific. You have just a few minutes to salvage some items from the wreckage before the whole plane burns down. What items will your team choose? A great activity inspired by classic shipwrecked stories. This one will inspire collaboration and creative problem-solving skills.

Number of participants: 8-24

Duration: 30 minutes

How to play

1. Set up a play area with a number of survival items such as different types of food, water, weapons, knives, tarp, flares, matches, etc. You don't have to actually buy these items; you can take printouts of pictures on index cards as well.
2. Place all of them at one end in the "wreckage" area. Ensure that the quantity of each item is limited such that teams will be forced to barter and collaborate.
3. Divide participants into two teams (or more if you have a lot of participants).
4. The teams have 25 minutes to get items for survival from the wreckage. They also have to rank the items in order of importance.
5. Since some items are vital, but limited (such as water), teams will have to collaborate and barter.

42- Guess the Object

A quick take on dumb charades. One person from the group has to demonstrate an object. The others have to guess what it is. Great for inspiring creativity and getting people to loosen up at the start of an event. Also works great as an interlude between longer activities.

Number of participants: Any

Duration: 10-20 minutes

How to play

1. Ask one person from the group to volunteer.
2. Show this volunteer a common object (either an actual object or a picture on your phone) such as a lampshade, a computer desk, a kite, etc.
3. The volunteer must now demonstrate the object before the group without speaking. They can use gestures, actions and use their bodies in any way necessary to show what the object is and what it does.
4. The rest of the group has to guess the object out loud - just like dumb charades - within 2-3 minutes.
5. Ask other people to volunteer for the next round and repeat the process.

43- Daredevil

This simple but challenging activity pits two teams against each other. One person on each team is blindfolded. The others in the team then give instructions to the blindfolded person to retrieve objects from the playing area.

Communication skills and trust are vital to succeed at this game.

Number of participants: 6-24

Duration: 45 minutes

How to play

1. Set up a play area with several objects like water bottles, shoes, books, etc. around it. The objects must be unique enough that people can differentiate between them by touch alone. Also place a large basket in the center of the play area.
2. Divide the players into two teams. Ensure that the number of objects in the play area is at least twice the number of players on each team (like '12 objects for 5-member teams').
3. Ask the two teams to assemble on opposite ends of the play area. Ask them to choose one volunteer to be blindfolded from their team.
4. Play blindfolds on the volunteers, then call out a random object from the play area for each team.
5. The blindfolded volunteers from each team have to race against a clock (2-3 minutes) to pick up their respective team objects and drop them into the basket in the center of the room. They cannot see or ask questions; they must rely entirely on instructions from their teammates.
6. Teammates cannot name the object; they have to first describe the object, its shape and its intended purpose. Then they have to instruct the volunteer on how to reach the object and get it to the basket.
7. The team that gets its object first into the basket wins the round.
8. Repeat the process until each person in the team has had a chance to be the volunteer.
9. The team that wins the most number of round wins the game.

44- Perfect Square

Another blindfold game where team members have to work together to create a perfect square with a rope while completely blindfolded. Communication skills, collaboration and hilariously out of shape squares ensue.

Number of participants: 4-16 participants

Duration: 30 minutes

Objective: Build communication, leadership and collaboration skills

How to play

1. Divide the participants into small teams of 4-6 people.
2. Ask each team to stand in close inward facing circles. Get everyone to hold a rope and place it on the floor such that it forms a circle.
3. Once the rope is on the floor, blindfold everyone on all the teams.
4. The teammates now have to work together to turn the circular rope into a perfect square.
5. Give each team 5-7 minutes for this activity. After this, everyone takes off their blindfolds to see the results of their handiwork. Most teams end up making terribly shaped 'squares', which can be a source of much good-natured humor.
6. If you have the time, run the activity again, exchanging at least one person from each team.

45- Team Emblem

This creative team building exercise is great for smaller teams. Players are divided into small teams where they must work together to create an emblem, flag or shield for their teams. Besides collaboration and creative thinking, this activity is also great for building a stronger sense of team identity and cohesiveness.

Duration: 30-90 minutes

Objective: Focus on creative thinking, collaboration and fostering a team identity

Grab cardboard, chart paper, markers, crayons, tape or anything else you'll need to draw and paint a team emblem or team shield.

Divide players into small teams of 3-4 people each. You can make the team composition the same as your real-life office teams to focus more on the team identity aspects of this activity.

Give each team enough time to plan, draw and paint an emblem for their teams. The emblem must represent something that identifies the team and its values. They get 10 minutes for inspiration (they can look up ideas online if they want to), 20-80 minutes to make the emblem.

Once the time is up, ask each team to display their emblem. Invite all other teams to give their own interpretation of the emblem. Then the creating team gives their actual interpretation. Repeat the process for all other teams.

46- Sharing

Partner A shares something negative that happened in their life with Partner B. It can be a personal or work-related memory, but it must be true. Then Partner A discusses the same experience again, but focuses only on the positive aspects. Partner B helps explore the silver lining of the bad experience. Afterward, they switch roles

47- Human Knot

Time: 15 - 30 minutes

Number of Participants: 8 - 20 people

Tools Needed: None

Rules: Have everyone stand in a circle facing each other, shoulder to shoulder. Instruct everyone to put their right hand out and grab a random hand of someone across from them. Then, tell them to put their left hand out and grab another random hand from a different person across the circle. Within a set time limit, the group needs to untangle the knot of arms without releasing their hands. If the group is too large, make multiple smaller circles and have the separate groups compete.

48- Zombie Escape

1 rope, 1 key, and 5-10 puzzles or clues

Gather the team into a conference room or other empty space and "lock" the door. Beforehand, select one team member to play the zombie — dead eyes, arms outstretched, muttering "braaaaaiiiinnnnssss" and all. The volunteer zombie will be tied to the rope in the corner of the room, with 1 foot of leeway. Once the team exercise starts, every five minutes the rope restraining the hungry zombie is let out another foot. Soon, the zombie will be able to reach the living team members, who will need to solve a series of puzzles or clues to find the hidden key that will unlock the door and allow them to escape before it's too late.

49- A Shrinking Vessel

What you'll need: A rope, blanket, or tape to mark a space on the floor.

Instructions: Make a space on the floor and have your whole group (or a set of smaller teams) stand in that space. Then gradually shrink the space,

so the team will have to think fast and work together to keep everyone within the shrinking boundaries.

50- Marshmallow Spaghetti Tower

What you'll need: 20 sticks of uncooked spaghetti, 1 roll of masking tape, 1 yard of string, and 1 marshmallow for every team.

Instructions: Using just these supplies, which team can build the tallest tower? There's a catch: the marshmallow has to be at the very top of the spaghetti tower, and the whole structure has to stand on its own (that means no hands or other objects supporting it!) for five seconds.

**You can give feedback on
@megazord756!**

