

ACT IT OUT

Core Values Activity

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Materials:

None

Instructions to the team:

Use your bodies to be a....
(Coach should pick any one of the items below or make up one you like)

- 1) Airplane
- 2) Carousel
- 3) Car
- 4) Fish
- 5) Elephant

You must act like and move like this animal/object.

Variations:

Give the team a list that they first have to choose from and watch how they decide what to pick.

Discussion:

How did the team members decide on how to complete the task? Was there one leader? How did they split the roles? How did they coordinate? Did everyone play a part?