

# WE ARE A TEAM

## Core Values Activity

By Sanjay and Arvind Seshan



"Jessica is always supportive"

"Ryan helps me every team meeting!"

"Laura's always makes us laugh when we are stressed."

### Objectives:

- Showing Gracious Professionalism
- Respecting contributions of all your team members
- Discovering something you are good at

### Before you begin:

#### Collect these items:

- Large poster paper to stick smaller pieces on to
- Colorful sticky notes or paint color sample cards (or equivalent)
- Glue stick
- Permanent Pens/Markers

### Notes for the Coach/Team Mentor:

We made up this activity for an inter-team event with several teams. It is a good activity for later in the season.

Please make sure that there is at least one compliment about every person on the team.

Read several of them out loud at the end to show how each person (including coaches and mentors) are valued.

### Instructions to give to the team:

Each team member should grab several Sticky Notes/ Paint Sample Cards. On each piece of paper, write a compliment about someone else on your team. Make sure that EVERYONE on the team (including coaches and mentors) has at least one note about them.

After you write the compliments, glue them on a larger poster board/paper so that they spell out the word TEAM.