

# 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 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.

# ALL IN A LINE

## Core Values Activity

By Sanjay and Arvind Seshan



### Objectives:

- Trusting teammates
- Finding alternative ways to communicate with your team

### Before you begin:

You don't need anything for this activity, but it helps with your whole team is present and works best with larger teams.

### Notes for the Coach/Team Mentor:

This is an activity that can be done early in the season before your team knows each other well. We have done "line up" activities with our birthdays and also in height order.

The goal is to figure out how to communicate with sight and speech taken away. If you do birthdays, we recommend not allowing the team to talk. For lining up by height, we did it with our eyes closed (see photo above).

### Instructions to print and give to the team:

You and your teammates need to line up by birthday from oldest to youngest (or youngest to oldest) in 2 minutes. But can you do this without talking? You must be in the correct order by year and month. OR

You and your teammates need to line up by height (tallest to shortest) in 2 minutes. But can you do this without seeing?

# HUMAN KNOT

## Core Values Activity

By Sanjay and Arvind Seshan



### Objectives:

- Trusting teammates
- Coordinating to complete a physical task

### Before you begin:

You don't need anything for this activity, but it helps with your whole team is present and works best with larger teams.

### Notes for the Coach/Team Mentor:

This Human Knot activity is a very common team building activity for robotics teams and can be a fun way to get to know each other.

It can get harder with bigger teams and also if there are kids of different heights on the team.

Most of all, this activity is really FUN!

### Instructions to print and give to the team:

Make a circle with your team. Everyone should put their hands out in front of them and then grab someone else's hands across the circle to create a Human Knot!

Now work together to get untangled without letting go of any hands.

# CIRCLE OF FRIENDS

## Core Values Activity

By Sanjay and Arvind Seshan



### Objectives:

- Trusting teammates
- Coordinating to complete a physical task

### Before you begin:

Hula hoops work well, but anything circular (even rope or cloth) could work.

### Notes for the Coach/Team Mentor:

This activity is also a common team building activity. The goal is to learn to work together to move the hoop around the circle.

You can add more hoops or require the team to move the hoop around multiple times (with a time limit). Hoops also come in different sizes and so you can challenge your team with smaller/larger hoops.

The biggest challenge comes when there are different heights on the team (see photo

above). You can see that one person is even reaching over with his foot to help.

This is another fun activity for teams!

### Instructions to give to the team:

Stand in a circle and hold hands. The coach will separate one of the hands and place a hoop. Now, pass the hoop around the circle without letting go of any hands.



# ILLUSTRATE THE CORE VALUES

## Core Values Activity

By Sanjay and Arvind Seshan

FIRST Lego League CORE Values:

- **We are a Team.**
- **We do the work to find solutions with guidance from our coaches and mentors.**
- **We honor the spirit of friendly competition.**
- **What we discover is more important than what we win.**
- **We share our experiences with others.**
- **We display gracious professionalism in everything we do.**
- **We Have Fun!**



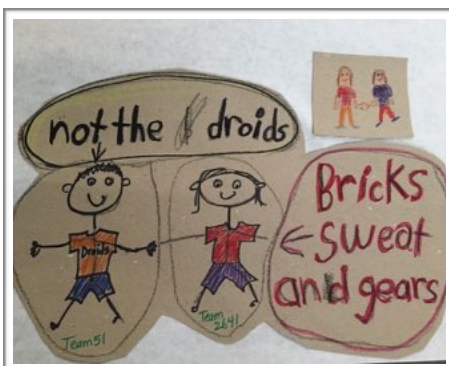
### Objectives:

- Learning the FIRST LEGO League Core Values

### Before you begin:

#### Collect these items:

- 8 sheets of papers (1 per Core Value)
- Pens/markers
- List of FLL Core Values



### Notes for the Coach/ Team Mentor:

This activity is a great way to learn the FLL Core Values and is recommended for early in the season

We have used this activity within our team but also to teach the Core Values to large groups of FLL teams.

Another version of this activity is the #INSPIRECoreValues campaign by FLL Team Mesa Robot Works where teams were asked to present their favorite Core Value.

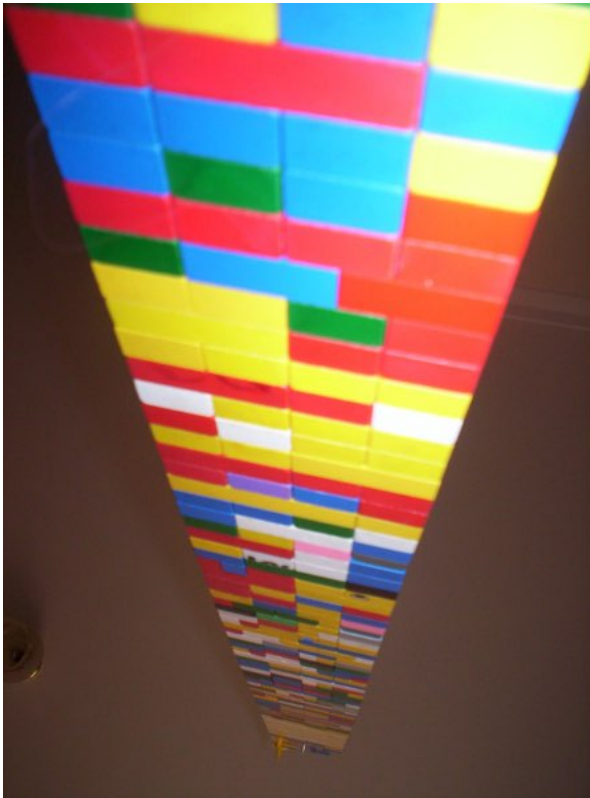
### Instructions to print and give to the team:

Pick one Core Value and illustrate it as a team. After you are done illustrating the Core Value present your poster to your team or another team.

# DIVIDE & CONQUER

## Core Values Activity

By Sanjay and Arvind Seshan



### Objectives:

- Learn to split up tasks and coordinate to make the best use of time

### Before you begin:

#### Collect these items:

- 8 cones/cups large enough to hide LEGO under
- Random collection of LEGO (all shapes and sizes)
- You can also substitute with anything item that you can hide.

### Notes for the Coach/Team Mentor:

This activity was designed by a parent on our team. It works really well outdoors on a nice day. Our team parent spread the cones far apart all over our yard.

Since time is short and all the items are far away from each other, you have to coordinate well to get this activity done.

### Instructions to print and give to team:

You may only collect the LEGO from under one cone at a time. You may not get more LEGO until the LEGO from the previous cone/cup has been used. You must use every piece brought to you. You have to build the tallest structure you can in 1 minute.

# UP IN THE AIR

## Core Values Activity

By Sanjay and Arvind Seshan



### Objectives:

- Learn to coordinate
- Learn to make sure that everyone has a turn

### Before you begin:

#### Collect these items:

A beachball of any light-weight item that can be kept in the air.

### Notes for the Coach/Team Mentor

This activity requires open space. We recommend this activity for outdoors on a good day. It is more fun for a larger team, but will work for any size team.

There are many variations you can try. We suggest number of hits or a time limit. You can change the requirements every time you play this game if your team finds it too easy or too hard.

### Instructions to print and give team:

Keep the ball in the air for

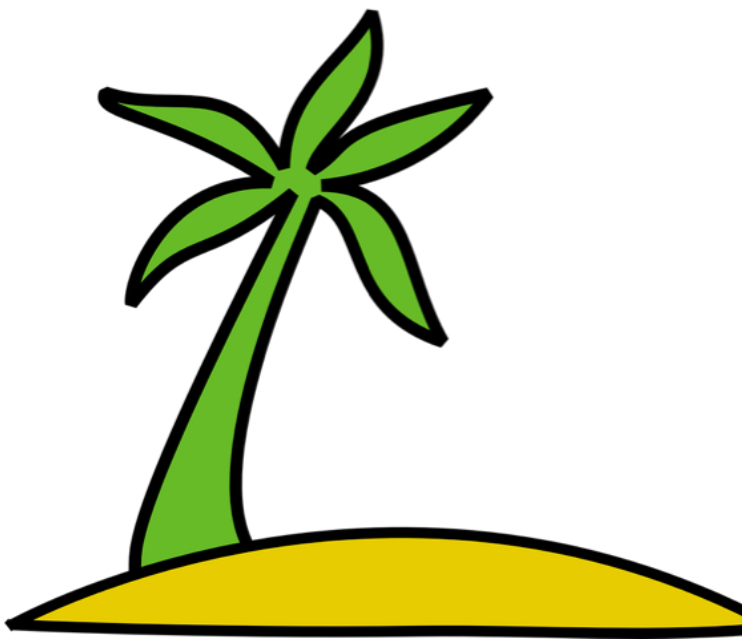
- 1) 20 hits
- 2) 1 minute

Note: Everyone must have a touched the ball

# SHARK ISLAND

## Core Values Activity

By Droids Robotics



### Objectives:

- Learn to coordinate
- Learn to consider different ideas and pick one

### Before you begin:

#### Collect these items:

- Tape to mark an island/line on the floor
- A bag or water bottle to represent food and water.

### Notes for the Coach/Team Mentor

This activity is really fun as teams figure out how to reach the bottle/bag.

There are many variations you can try. We suggest number of hits or a time limit. You can change the requirements every time you play this game if your team finds it too easy or too hard.

Using tape, mark out a semi-circle (to represent an island) Leave a water bottle/bag

about 3 ft (more than any one child's arm length) away from the island.

### Instructions to print and give to team:

Your team is stuck on an island surrounded by sharks. Your own source of water/food is the item floating in the water. You cannot touch the water because you will be eaten by the sharks!



# VOLCANIC PANIC

## Core Values Activity

By Droids Robotics



### Objectives:

- Learn to coordinate
- Learn to pick an idea from many your team may have

### Before you begin:

Collect the following items:  
5 placemats/cloths/pieces of paper that would at most hold one 2 people.

### Notes for the Coach/Team Mentor

The idea for this activity came from a team building activity that was done on Field Day at a school. This is a simplified version.

If you want to make it harder, you can add any of the following:

- 1) One person cannot see and must be led by the others
- 2) You have to carry a bucket and large plank with you

### Instructions to print and give to team:

The volcano just erupted. You have 5 special tiles to place on the flowing lava stream. Use them to get your team across the room. You may not use anything else. If anyone steps into the lava, you have to start over.

Your team has 3 minutes to cross the room.

# WATCH YOUR STEP!

## Core Values Activity

By Sanjay and Arvind Seshan



### Objectives:

- Learn to coordinate
- Learn to trust one another on the team

### Before you begin:

Collect these items:

- Red paper (5-10 pieces) or anything that represents a mine that can be spread around the room.
- 1 blindfold (or student can keep his/her eyes closed)

### Notes for Coach/Mentor:

This activity is about trusting each other. Since one person cannot see, they must rely on the rest of the team to miss the mines.

The other hard part of this activity is that more than one person may be giving instructions if you have a larger team.

### Instructions to print and give to the team:

Pick one teammate in your group to be blindfolded. The rest of the team must direct this teammate from one end of the room to the other. But the blindfolded teammate must not step on any mines.

# GET TO KNOW ME

## Core Values Activity

By Sanjay and Arvind Seshan

Hello  
my name is

### Objectives:

- Get to know your teammates
- Discover what you have in common

### Before you begin:

Collect the following items:

- Small strips of paper
- Pens
- Can/Box/Hat

### Notes for Coach/Team Mentor:

This is a good activity for your first team meeting when your team is new.

As the team writes their facts, fold them and place all the completed strips into a box or hat.

Have each teammate pick one strip of paper at a time and read them out loud and guess who it is about. If the student picks their own clue, they should put it back.

We really enjoyed this activity because we discovered that we had a lot in common with other kids on the team.

### Instructions to print and give to team:

Each teammate should take 4 pieces of paper and write something about themselves - one fact on each paper.

Ideas on what to write about: How many siblings you have, where you lived before you moved to this town, what instrument you play, what food you like the best, what activity you like the best, etc.