



Participation



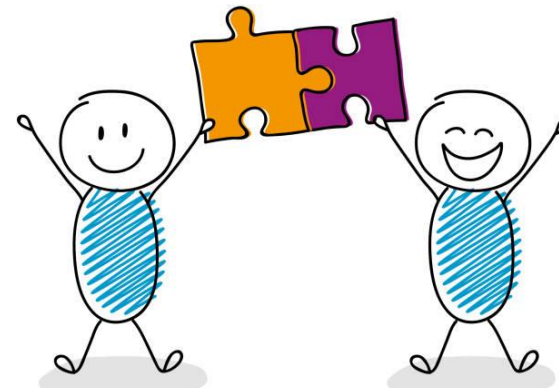
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Purpose: Explore, and improve, teamwork and negotiation skills to maximise young person's ability to actively participate.

Participant learning objectives:

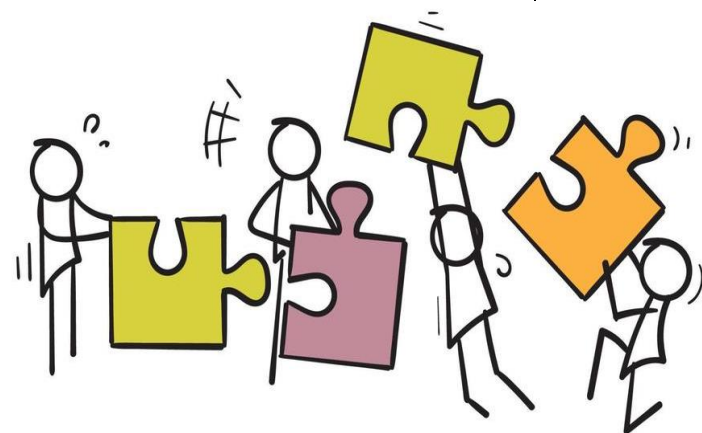
1. Understand the benefits of working cooperatively within a team
2. Improve ability to work cooperatively within a team
3. Improve negotiation skills

CONTENT	METHODS/ RESOURCES <i>Slides 34-43 can assist with this session.</i>	APPROX. TIME
<p>What is Teamwork?</p>	<p>Resources: Flipchart Markers</p> <p>Brainstorm with the group what they think we mean by teamwork. Answers can be documented on a flipchart at the front of the room.</p> <p>Teamwork is about working with others to achieve a common goal or complete a task. People within a group use their skills and qualities to overcome each other's weaknesses and achieve a goal which was otherwise not possible.</p> <p>It builds relationships, provides opportunities to learn from others, sharpens communication skills, motivates, enhances co-operation with others and develops leadership skills.</p>	<p>20 minutes</p>



<p>Teamwork Skills in Action</p>	<p>The following activities are great for increasing awareness and improving ability to work cooperatively within a team. Communication is a key skill within all group work activity – remind participants of all the skills they learned last week!</p> <p>Talking in Circles Resources: Long piece of string</p> <p>This is a very fun and challenging game that requires lots of communication and coordination between the teammates. Ask the group to stand in a circle around a long piece of string tied at the ends to form a circle. Ask the group to create shapes with the string e.g., square, triangle, figure 8, rectangle, diamond etc. To increase the difficulty level, you can ask participants to shut their eyes/be blindfold and repeat the exercise. To further the complexity of task, random team members may be “muted” at different times thereby making communication more challenging. This activity also tests the level of leadership and trust within a group.</p> <p>Minefield Resources: Exemplar minefield 5X5 grid Cones/ Field markers placed in a 5X5 grid</p> <p>Place participants in groups of 4-5. Nominate one person to be the group leader. The group leader will have access to a minefield sequence for the group (group members must not see this). The group members will take turns to guess the sequence by walking to the correct markers. If a group member takes a wrong step, they must go to the back of the line and the next player takes their turn. The key to success is for all group members to remain attentive and avoid making the same wrong steps as their teammates! Teammates are allowed to walk straight, back, forward or diagonally, but must not cross over more than one row. The winning team is the first to get all teammates successfully through the sequence with no wrong steps!</p> <p>Magic Carpet Resources: Blanket/ Towel/ Mat</p> <p>Ask 6-8 participants to huddle together and stand on a blanket/towel/mat, leaving a quarter of the portion empty. Challenge the group to flip over the blanket/ towel/ mat so that they are standing on the other side of the sheet. They must do this without getting off the blanket or touching the ground outside the sheet.</p>	<p>60 minutes (dependent on chosen activities)</p>
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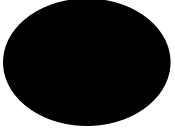
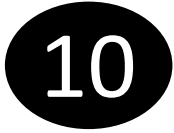
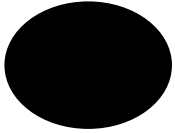
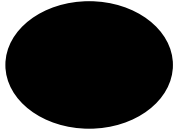
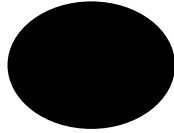

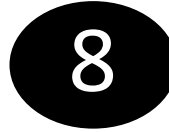

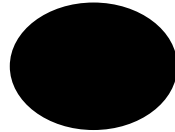
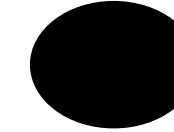
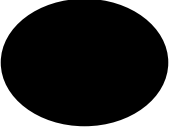
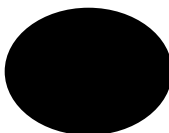
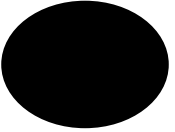


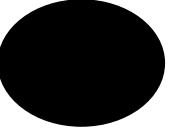
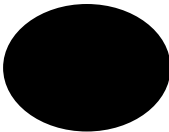


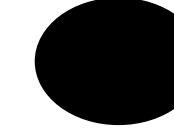
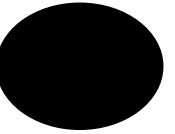




	<p>This will force the group to think of creative solutions and truly work together in achieving the common goal. It will also highlight the problems that pop up if any team member refuses to cooperate, creating a dilemma for the others.</p> <p>Debrief: Ask participants how they think they did throughout the team building activities. What skills/ qualities contributed to an effective team? What challenges did they face? Is there anything they could have done better?</p>	
<p>Negotiating What We Need/ Want</p>	<p>In order to work effectively with others, we need to be able to negotiate our needs, solutions, and wants. Negotiation skills are important to help build relationships, foster goodwill, deliver quality solutions to problems, and avoid future conflict.</p> <p>Negotiation skills can be improved using the following steps:</p> <ul style="list-style-type: none"> • Identify your goals • Consider the opinions of others • Understand strengths and weaknesses • Build your confidence • Don't be afraid to make mistakes <p>Ask participants to explore these steps as they undertake the following activities. These activities will allow them to put their negotiation skills into action.</p> <p>The Barter Puzzle Resources: Puzzle/ jigsaw for every group</p> <p>This activity depends on the level of cooperation/negotiation and speed of decision-making among different equal-sized groups. Provide each group with a different jigsaw puzzle with same level of complexity. Mix puzzle pieces with other groups' jigsaw puzzle. The team must come up with ways to get the pieces back through negotiation, trading, exchanging team members, etc. However, it should be a group decision and not individual choice. This calls for great deal of problem solving and consensus building within the group. The team that is able to put all the pieces together in least possible time is the winner.</p>	<p>60 minutes (dependent on chosen activity)</p>

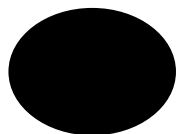


	<p>Drama Based Activity</p> <p>Resources: Scenarios</p> <p>Through drama-based activities, participants will learn the skills required for effective negotiation and cooperation with others. Split participants into groups of 3-5 and ask them to act out the scenario and come to an agreed solution to the problem. If time permits, ask them to explore a range of outcomes if the situation was handled differently.</p> <p>Debrief: Ask participants to reflect on how they performed throughout the activities. Are there certain aspects of negotiation they are better at than others? What could you improve on to ensure you are a better negotiator?</p> <p>Remind participants that all these skills are essential when it comes to participation. If we are to be active contributors to our club/ community we must be able to communicate and work cooperatively with others, whilst having the confidence and ability to advocate for what we want/ need/ believe in.</p>	
<p>Evaluation/ Check- Out</p>	<p>Resources: Informal evaluation ideas</p> <p>Choose an activity from the list provided.</p>	<p>10 minutes</p>



Exemplar Minefield



START

Drama Scenarios ✂

<p>Your parents want you to go to university, but you really want to be a hairdresser and open your own salon after Tec.</p>	<p>Your new supervisor in work has told you to work every Friday and Saturday evening, even though weekend shifts are supposed to be rotated every week amongst the team.</p>
<p>You are in a restaurant and the waiter has given you chicken goujons when you had asked for a burger. The waiter doesn't appear very friendly.</p>	<p>You and most of your friends can no longer go to youth club because it is now on at the same time as football practice. You really miss going.</p>
<p>Your teacher has placed you on after school detention for not having your homework done. She doesn't know about how tough things are at home.</p>	<p>Your friend has fallen out with you over a comment you made about her boyfriend. You thought you were being a good friend and looking out for her.</p>