

## ***Back To Back Team Building Activity***

### **Source:**

Kelbaugh, Beverly (editor). 2005. *Back To Back*. Team Building Activity. Columbus, OH: OSU Extension.

Adapted from team building activities in *Adjusting to Family Change* Extension Program

### **Objectives:**

Communication is an important skill to develop as a leader. As a result of this activity, participants will:

1. Experience communication without the benefit of non-verbal cues.
2. Identify and use effective methods to communicate with others
3. Develop a plan for improving communication shortcomings
4. Demonstrate effective communication.

**Time Required:** 15 to 30 minutes

### **Materials Needed:**

- Copies of sample drawings for the “art teacher” role players to view while instructing the “art student” role players.
- Pads of paper and pencils for the “art student” role players to use in following instructions to draw the pictures.

### **Directions:**

- One student (the “art teacher” ) has a drawing in front of them and agrees to describe it in a manner that the other person can draw the diagram on their paper so that it looks like the original drawing.
- Person B (the “art student” ) sits with their back to the person who is giving directions. That person is given a sheet of paper and a pencil
- The “art teacher” gives directions. Others observe and are allowed to give feedback after the first the first volunteer gives directions.
- Another set of volunteers try the same experiment after the feedback session to see if their drawing will come closer to matching the original diagram.

**Reflection/Processing:** *(Important! Be sure to do this at the end of the activity.)*

- Ask participants and observers to talk about what made the activity difficult and what could help the “art student” and the “art teacher” be more successful.
- Ask how the lessons learned in this activity might apply to real life.

**Sample drawings:**

