

WWB Champion Facilitation Activities

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Icebreaker/Energizer

Activity: Watermelon

Helpful Links:	http://www.ultimatecampresource.com/site/camp-activity/watermelon.html
Leadership Needed:	1- 2 People
"Room" Structure:	Space to stand or sit in a circle
Resources Needed:	None
Time Needed:	5-10 minutes
Theme:	Energizer
Category:	Icebreaker
Group Size:	More is better, 8+

The set up:

- Ask the people to stand up in a circle.

The activity

- Tell people that we are going to pretend that we are passing a watermelon.
- To pass the watermelon you will need to take your hand passing over you mouth and make a "slurp" noise. Your right hand goes to your right and your left hand to your left.
- The "watermelon" is passed around from one player to another in a circle
- You can switch directions by switching the direction of your hand passing over your face. Form right to left or from left to right.
- You can skip the person next to you by moving your hand up over your face instead of across. The turn is of the person after next.
- You get "out" if you miss your turn, or pass the watermelon when you have been skipped.
- Once you are "out" you will need to exit the circle
- The objective is to be the last person in the circle.

Activity: Wah!

Helpful Links:	http://www.ultimatecampresource.com/site/camp-activity/watermelon.html
Leadership Needed:	1- 2 People
"Room" Structure:	Space to stand or sit in a circle
Resources Needed:	None
Time Needed:	5-10 minutes
Theme:	Energizer
Category:	Icebreaker
Group Size:	More is better, 8+

The set up:

- Ask the participant to stand up and sit in a circle.

The activity:

- Play begins when a designated player raises both arms over their head with palms together to form a "tree" and says "Wah!"

- The two players on either side of the tree become lumberjacks and must chop the tree down by placing their own palms together and simultaneously make one chopping motion toward the midsection of the tree while also saying "Wah!" (Remember not to actually touch the tree with the chopping motion.)
- When the tree is chopped, it falls by bending at the waist, saying "Wah!" and pointing to another member of the circle. The fallen tree may point to anyone in the circle except the players directly next to them.
- The player whom the fallen tree points at must immediately become the next tree by raising both arms together and saying "Wah!"
- The game continues with the players on either side of the new tree chopping it down, the tree falling and pointing at another player, and the player pointed at creating the next tree.
- If at any time a member of the circle hesitates, performs the wrong motion or does not say "Wah!", that player must step outside the circle. The game stops to let the player step out and starts again when a new tree goes up (anyone may do this).
- Players outside the circle remain active by walking around the circle and distracting the remaining players by heckling them (without touching or yelling).
- As players are eliminated, the circle continues to shrink until the final four players are congratulated as the winners.

Icebreaker/Getting to know each other

Activity: The Blanket

Helpful Links:	https://www.icebreakers.ws/medium-group/blanket-game.html
Leadership Needed:	1 to lead and 2 volunteers to hold the blanket
"Room" Structure:	Large open space
Resources Needed:	One very large blanket (or bed sheet, curtain, etc.)
Time Needed:	Depends on group size, approximately 20 minutes
Theme:	Energizer
Category:	Get to know the names of the participants

Group Size:	This game works for small, medium, and large groups, although teams of 10 people probably work best. For extremely large groups, pick about 20 volunteers to go to the front of the room to play.
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The set up:

- Ask the participants to stand up and form two groups and sit opposite of each other. A large blanket is held up between two groups by the two facilitators so that each group cannot see behind the blanket.

The activity:

- Tell the participants that you need a volunteer from each team to sit behind the blanket.
- Explain to the participants that when you drop the blanket they have to say each others name as fast as possible. The goal of the game is to be the first to identify the other person behind the blanket.
- For each turn, each team chooses a volunteer to stand (or sit) behind the blanket. The facilitator will count "1, 2, 3" and then drop the blanket.
- The first player that said first the name of the other player wins the round and the losing player must join the team of the winning player.
- In case the participants don't know each other ask them to introduce themselves and go back to their teams.
- One team wins when the other team is left without players.

Activity: Speed Dating

Helpful Links:	https://www.icebreakers.ws/medium-group/blanket-game.html
Leadership Needed:	1 leader to keep track of time
"Room" Structure:	Two rows of chairs facing each other
Resources Needed:	Chairs, timer
Time Needed:	Flexible, but each round should last approximately 3 minutes
Theme:	Energizer
Category:	Get to know each other
Group Size:	Even number of any size

The set up:

- Prepare two rows of chairs facing each other. Ask the participants to take a sit. You will need an even number of participants, in case you don't have an even number you will need to join the group.

The activity:

- Give the participants a topic to discuss, it can be to introduce themselves, tell about something they like to do etc.
- Each participant has 1 minute to talk and than the other participant talk
- You will need to keep track of time and announce when 1st minute is finished
- Once the time finished ask one row of participants to move one sit upwards and the first person to go to the back of the line. Each participant needs to face a new participant
- The new pair will get the chance to speak to the new partner again for 1 minute each
- You can repeat this 2-3 times

Group activities / Teaching key WWB skill

Activity: Movie Poster

Helpful Links:	N/A
Leadership Needed:	1 Person
"Room" Structure:	Need room for people to stand up and draw the poster
Resources Needed:	Large papers (flipchart size), multiple color markers other materials
Time Needed:	40 minutes
Theme:	Innovation
Category:	Teamwork
Group Size:	Minimum of 3 people per group

The set up:

- Divide the group in smaller groups of 3-4 people.

- Provide each group with a large piece of paper (flip chart size) and multiple color markers.

The activity :

- You start by telling people that every big movie has a poster they use in mass media and cinemas. The poster has multiple goals - introduce the audience to the movie plot but also attract people to come to the cinema and see it.
- Ask the people they have to do a representation of a topic of your choice - which has to be representative but also attractive.
- The group needs to draw the poster and think of the elements of the poster - what are the key things/messages they want to send across.
- Give the participants 20-30 minutes to prepare the poster and then do an "exhibition" of the posters.
- Ask each team to present their work.

The reflection :

- Ask each group few questions - how they decided on what to include in the poster? And what are those elements?
- What title does the poster have?
- Look for common elements / patterns

Activity: Planning a Party

Helpful Links:	N/A
Leadership Needed:	1 Person
"Room" Structure:	Need room for people to stand up
Resources Needed:	None
Time Needed:	15 minutes
Theme:	Empathy, Awareness, Mindset shift
Category:	Teamwork
Group Size:	Minimum of 3 people per group

The set up:

- Divide the group in smaller groups of 3-6 people.
- Make sure each group sits in a circle

The activity:

- Tell everyone that we are going to do an activity called "Planning a party"
- Once they are in groups tell everyone that you want them to imagine they are all planning a party together for next week. Tell them to start by someone giving a suggestion for what they should do to plan the party. The other participants are only allowed to say, "That won't work because.....".
- Tell them we will do this for 3 minutes and they are supposed to all keep offering ideas with only the above stated response allowed.

After 3 minutes, have the group stop and tell them to start again and this time the only allowed responses are -

- "Yes , and....." or
- "Great idea,"
- Tell them we will do this for 3 minutes and they are supposed to all keep offering ideas with only the above stated response allowed.

The Reflection:

After 3 minutes have them return to their seats and conduct reflection with the group: Use the tennis ball to throw to people and have them throw to each other. And prompt them with the following questions -

- How did the conversation go the first time?
- How did you feel as a team?
- How did you feel if you were the one offering ideas?
- How did the conversation go in round two? How was it different from round one?
- How many ideas did you come up with the first time vs the second time?

Conclusion/Takeaways -

- "We did this for a number of reason. We wanted to set the tone. The tone of these two days is "yes, and". It's about taking ideas and building on them creatively.
- It's about working in teams proactively to solve problems.
- And it's about doing it while trying to have some fun.

Activity: Paper Airplanes

Helpful Links:	https://experience.sap.com/basics/what-is-a-prototype/ , https://experience.sap.com/basics/post-101/
Leadership Needed:	1-2 people to keep time and guide students in reflection
"Room" Structure:	Space to break up into groups

Resources Needed:	Paper, timer
Time Needed:	Depends. 10 -30 mins. Longer version is three rounds of 5 minute construction periods, each round making a new prototype.
Theme:	Innovation
Category:	Teamwork
Group Size:	3 or 4 people per group

The set up:

- Divide the group in smaller groups of 3-4 people.
- Provide each group with a large piece of paper (flip chart size) and multiple color markers.

The activity:

- Everyone raises their dominant hand (the hand you use to write with). Everyone puts that hand behind their back and are forbidden to use it for the activity.
- Each group has 5 minutes to work together without their dominant hands and build a paper airplane. The goal is building a plane that will compete in a contest to see whose plane can fly the furthest.
- When the time is up have a pilot from each group bring their airplane to the starting line. One by one, have the pilot launch the plane. They can use whichever hand they like for this part of the exercise.
- At this point, watch and enjoy the fun of the groups trying to figure out how to function with one not so dominant hand.
- You might casually point out a flaw in a plane and suggest they build a second one. You can encourage this by adding an extra minute or two to the clock so the groups have more time to build a second airplane.

The reflection:

- Groups will tend to work together, which is great! Applaud and encourage teamwork.
- The secret goal is getting groups to make prototype planes. Iteration leads to stronger outcomes. This is true for the airplanes, but also our work. Ask participants if/how they use iteration in their work with WWB and how this can affect outcomes.
- By not using their dominant hands, participants are forced to think about accepting and working with their weaknesses and how teamwork can overcome individual challenges.

Activity: Marshmallow Challenge

Helpful Links:	https://www.ted.com/talks/tom_wujec_build_a_tower
Leadership Needed:	1 Person
“Room” Structure:	Large room with tables for each team placed approximately 15 feet apart
Resources Needed:	Resources needed per team: <ul style="list-style-type: none">· 20 sticks of uncooked spaghetti· One marshmallow· One yard of string· One yard of tape
Time Needed:	Approximately 45 minutes
Theme:	Innovation
Category:	Teamwork
Group Size:	3 to 10 participants

The set up:

- Divide the participants into small groups of 3 to 10 people each. Each group will need a table to work on.
- Give each group 20 sticks of uncooked spaghetti, one marshmallow, one yard of string, and one yard of tape.
- Explain that the purpose of the activity is to build the tallest freestanding structure following these rules:
 - Build the tallest freestanding structure as measured from the table surface to the top of the marshmallow. The structure may not be suspended from another structure (like a chair, the ceiling, or a chandelier).
 - The entire marshmallow must be on top of the structure. Cutting or eating part of the marshmallow disqualifies the team.
 - Use as many or as few of the supplies as your team chooses, with the exception of the marshmallow (which must be placed on top of the structure)
 - Teams may break the spaghetti and cut the tape and string as needed to create the structure.
 - Teams may not hold the structure in place when the time stops. Touching or supporting the structure at the end of the exercise disqualifies the team.

The activity:

- The facilitator will announce the time groups have to build the structure and continue giving periodic time reminders to keep the teams on track.
- Once the time is up the facilitator measures the structures to determine the winner.

The reflection:

- Ask the groups about what worked well and what did not work as expected. What hidden assumptions affected the team's outcome?
- Did certain group members take on specific roles?
- Note to the group that young children normally do better than business executives. It's all about the iterative process.
- Design is a contact sport.

Activity: River of Life

Helpful Links:	https://trainings.350.org/resource/river-of-life/
Leadership Needed:	1 Person
"Room" Structure:	Tables for each group to draw
Resources Needed:	A large piece of paper and crayons/markers/pens for each group
Time Needed:	This activity can be done in as little as 20 minutes, or as long as 1.5 hours
Theme:	Innovation, reflection
Category:	Teamwork
Group Size:	5 - 20

The set up:

- Divide participants into groups of 5 to 20 people. Each group should have a table.
- Provide each group with a large piece of paper and crayons/markers/pens.

The activity:

- Ask groups to think about their own work as a river leading to WWB: "What different streams and other rivers helped you get here—working on this issue and

involved in this movement? Think about the fast-moving times in your life and the challenges or rocks that you moved through. Draw these as a river.

- Use the the metaphor to its fullest—maybe there are offshoots, rapids, waterfalls, or still times in ponds, etc.”
- Give people at least 8 minutes to draw. If you give people more time, then they will need to spend more time sharing.
- Possible adaptation: The facilitator can draw the end of a river flowing into the ocean and explain “This represents our goal.” Then ask groups to draw backwards from their vision of the goal to what would help them reach it.

The reflection:

- After people draw, give the groups some time to share their drawings. Ask them to describe what they drew and why.
- Highlight comparisons/common themes between groups and also differences. Have most people experienced the same journey to get to where we are today?
- What were the major challenges faced along the way? What were the solutions? Where are they now?
- While creating the drawing did you learn anything new about your teammates' work?