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| <b>Activity 1</b>     | <b>Know, Want to Know, Learned (KWL)</b>   | <i>Valiente</i><br>SANNA LEINONEN |
| Materials             | Graphic organizer KWL (PDF)  |                                   |
| Instructions          | First the team writes down what they know about the topic they are discussing, then what they have learned about it and finally what they still want to learn. This way it will become clear to the whole team, what the knowledgebase is.   |                                   |
| Skills and objectives | KWL helps the team to clarify what has been learned and what needs to be learned. It also helps to prioritize the work to get to the desired result.   |                                   |
| Source                | Multiple   |                                   |
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| <b>Activity 2</b>     | <b>Marshmallow spaghetti tower</b>   |                                   |
| Materials             | 20 sticks of uncooked spaghetti, 1 roll of masking tape, 1 yard of string, and 1 marshmallow for every team.   |                                   |
| Instructions          | Using just these supplies, which team can build the tallest tower?<br><br>There's a catch: the marshmallow has to be at the very top of the spaghetti tower, and the whole structure has to stand on its own (that means no hands or other objects supporting it!) for five seconds.   |                                   |
| Skills and objectives | Creative Problem Solving & Collaboration   |                                   |
| Source                | <a href="https://www.wrike.com/blog/ultimate-guide-team-building-activities/">https://www.wrike.com/blog/ultimate-guide-team-building-activities/</a>  |                                   |
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| <b>Activity 3</b>     | <b>P.I.T Model</b>   |                                   |
| Materials             | P.I.T. handout (PDF) + chairs in a circle  |                                   |
| Instructions          | P.I.T. is a strategy which values individuals and their personal issues and shows empathy as a collective group.<br>1. Personal: Participants take a minute to think about how they are feeling and what has been successful or challenging that day, or something else that is going on in their life that day.<br>2. Interpersonal: Everyone shares their thoughts with others and colleagues acknowledge and show appreciation and empathy as appropriate.<br>3. Task: The task for the session is identified and the agenda for the meeting is built. The team begins to work. |                                   |
| Skills and objectives | Emotional impact and social support, developing common vocabulary, clarifying and sharing  |                                   |
| Source                | Gregory & Kuzmich  |                                   |