

I CAN
I AM



Challenge 4: Strength in teams

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Learner name:	
School/Centre name:	
Teacher/Tutor name:	

BEFORE YOU START THE 'STRENGTH IN TEAMS' CHALLENGE...

Reflecting on your Teamwork Skills

Score yourself out of 10



Before the Covid-19 crisis – How well did you feel you worked as part of a team?

During the Covid-19 crisis – How well do you feel you can work as part of a team during the current crisis?

POWERUP YOUR TEAMWORK SKILLS



Thrive in the new world's meaning of teamwork

INTRODUCTION TO THE CHALLENGE

Setting the scene for 'Strength in teams'

The way that teams are formed and work together has been massively impacted by the Covid-19 crisis. Only the teams linked to key working (e.g. NHS, food delivery) have been able to continue working as teams in the same location, but even that has been changed by social distancing.

As covered in the 'Thinking differently' challenge, some of the problems linked with working as a team have been solved through creative actions. For example, the increase in prominence of virtual meeting platforms like Zoom and HouseParty have made it easier to communicate with other members of a team.

What is key for you, is to be able to practice working as part of a team whilst you are in isolation. This challenge will give you the understanding and tools to build better teamwork skills.

What you need to do to complete this challenge

For this challenge, you will plan and complete a task, activity or event as part of a team but remotely from each other. The team needs to be made up of three or four people (including you).

There are some task, activity or event ideas later in this resource that you can use. Or, if you want, you can come up with your own.

Reflecting on your development and experience

Once you have completed your action plan, you need to complete the '**I CAN THRIVE: Reflecting on strength in teams**'. This asks you to reflect on how you, and your teammates, have worked as part of a team.

What is the outcome for you?

On completion you will have proven your teamwork skills and will be awarded the 'Strength in teams' challenge digital badge so you can show what you have achieved.

It is time to discover how you find 'Strength in teams' in the current crisis...

PART 1: I CAN LEARN

Working as a team before the Covid-19 crisis

No matter what stage of life you are at, being able to work well as part of a team makes what we do easier.

Take your school or college work for example. You will have had to group together to complete pieces of work and projects set by your teacher/tutor. Sometimes it is just useful to work with someone else to gain a different view on the work you are doing.

In your life away from education, you might be part of a band, a sports team, a volunteer group or have a part-time job. In these examples, you will work as part of a team towards the end goal of achieving something. For example, playing a piece of music or a song, competing in a sports match, helping to run an event, or to achieve what your employer wants to achieve.

The impact of the Covid-19 crisis on the teams you are part of

REFLECTION POINT

Think about the teams you are part of in a time before the Covid-19 crisis - how did they work?

Now think about your teams in the current crisis - how are they working now? If they are working, what has helped them work?

YOUR TEAM	HOW IT WORKED BEFORE COVID-19 CRISIS	HOW YOUR TEAM WORKS NOW - DURING THE CRISIS HAS ANYTHING HELPED THE TEAM?

Why teamwork is important

Working well as part of a team can help the team achieve things that individuals would find a lot harder to do on their own. Achieving things is often easier when you are part of a team.

To be able to achieve as a group, you need a group of individuals that have skills and behaviours that complement each other. It is very unlikely that one person will be able to do everything. That individual is likely to have weaknesses that other members of a team will need to step in for.

REFLECTION POINT

Think about the teams below. Organise a group chat with the people you live with or group chat with your friends to discuss one of the teams below:

- What makes them work as a team?
- Who is the leader of the team? Did the leader change to another person?
- Does anyone do the majority of the work?
- Who challenges what the team does to make them better?
- How have they adapted to the Covid-19 crisis?

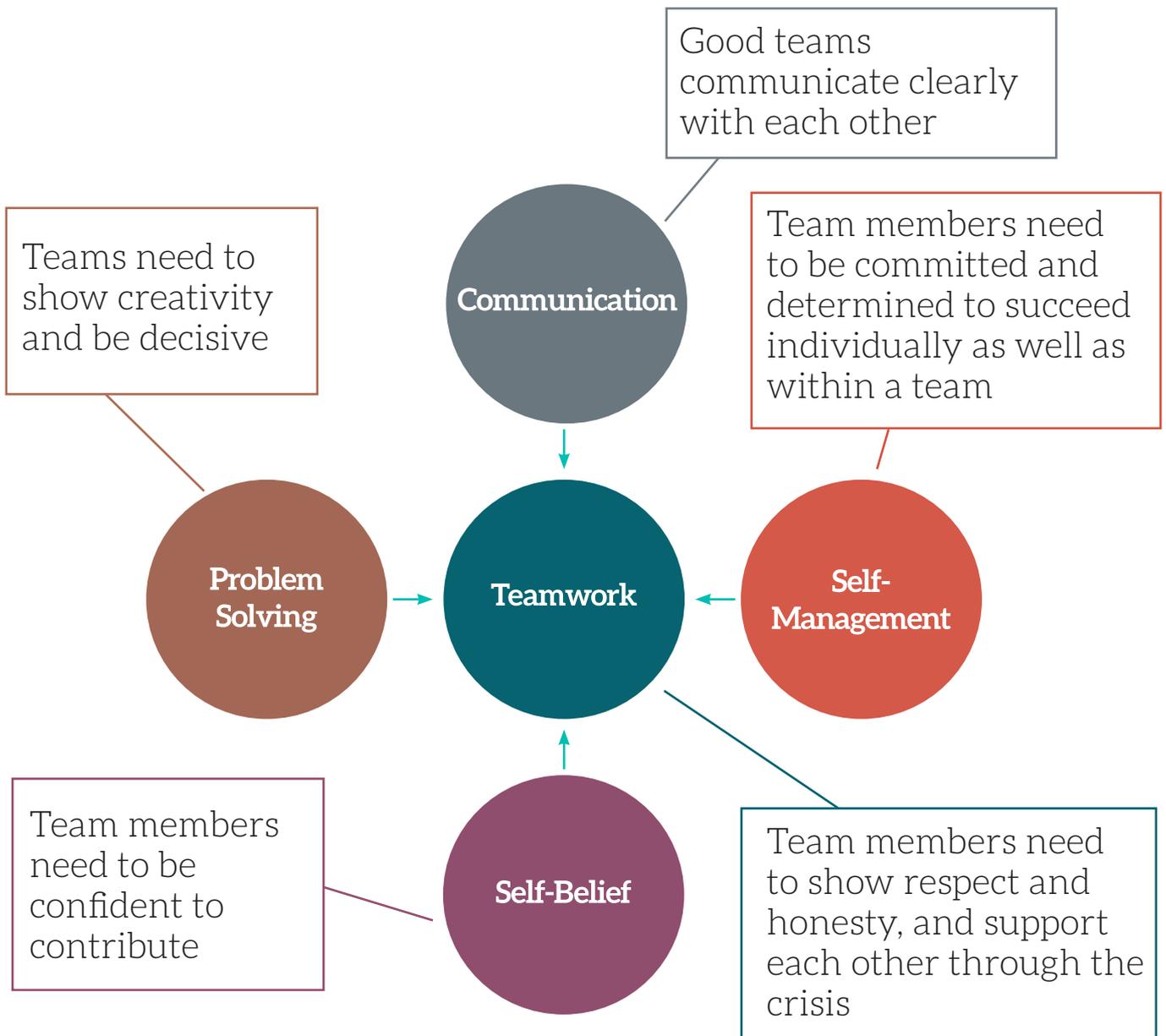
Note: if you do not know about these teams, choose a team that you know about and discuss them.

STRONG TEAMS	
<p>Superhero groups (e.g. The Avengers)</p> <p>In the Marvel CU series of films, The Avengers are a huge team of superheroes. All have different attributes, characteristics, strengths and behaviours that complement each other.</p>	<p>Sports teams e.g. FC Barcelona</p> <p>Lionel Messi is the star of the team, but can he do everything? He needs teammates that can defend, teammates that can give him a rest, and teammates that make it easier for him to score or setup goals. Without the team around Messi, Barcelona would not have been able to achieve all that they have.</p>
<p>Local community teams e.g. This Mum Runs, Bristol</p> <p>This Mum Runs was formed in 2015 as a global of runners. The This Mum Runs team in Bristol has adapted to the Covid-19 crisis to include pharmacies so that they can pick up and deliver medicines to those that are in self-isolation. They organise a medicine collection and drop-off programme to make sure people in need can access the medicines they need.</p>	<p>Positive action groups e.g. Youth for climate change</p> <p>So this is not a team specifically, but it is a group of individuals all working towards the same aim of achieving climate change. Climate change groups happen all over the world and attempt to influence national and international climate change policy.</p>

What makes teams work

Now you have discussed what makes teams work you can look a bit more at the skills and behaviours that they have and show.

The Skills that contribute to great teamwork



REFLECTION POINT

Now it is time to profile the skills, strengths and weaknesses of a team of your choice. Highlight what you think the strengths of the team are and what the team is missing in the weaknesses section.

DESCRIBE THE GROUP/TEAM
THAT YOU ARE PART OF:

	HOW DID THE TEAM WORK BEFORE THE CRISIS?	HOW HAS THE TEAM CHANGED WHAT THEY DO TO THRIVE IN THE CRISIS?
WHAT YOUR GROUP/TEAM ARE TRYING TO ACHIEVE		
STRENGTHS		
WEAKNESSES		

The key behaviours of successful teamwork

You have looked at the skills that are needed to work as part of team, but what can make your teamwork skills better? The diagram below highlights the behaviours that you can show to make your ability to work as part of team more effective. If you and your teammates show these it can make you a stronger team. A stronger team means more chance of achieving what you want to achieve. Think about how you have shown these teamwork behaviours as you read through them.

Complete the boxes below the with examples of how you have shown the behaviours before or during the Covid-19 crisis.

Behaving as a team

TRUSTWORTHY	ADAPTABILITY	INTEGRITY
Being relied upon by others to complete things that are important	Adjusts to new conditions and environments	Acts with expected morals and ethics

RELIABLE	RESPECT	HONESTY	ENCOURAGING
Completes activities and tasks to expected standards	Understanding the feelings, beliefs and rights of others before acting	Always honest with others and not lying about things	Gives guidance and support to increase the confidence of others

INCLUSIVE	INSPIRING	EMPATHY
Being relied upon by others to complete things that are important	Adjusts to new conditions and environments	Acts with expected morals and ethics

Teamwork in a crisis – how to adapt

Before the Covid-19 crisis, you may have been able to show the skills and behaviours above easily, because teams worked together all the time at your school, college or organisation, or in your community. However, the isolation we experience as part of the Covid-19 crisis means that we need to think of new ways to stay connected to keep our teams and communities strong. The teams that adapt well and support teammates in the crisis are likely to be the ones that continue to be successful once the Covid-19 crisis ends.

As mentioned earlier, some teams have adapted really well to the crisis and have created a 'new normal' for their team. This new normal will help them thrive as a team in the future but it also helps the individual members stay mentally resilient to the impact of the crisis.

What could your team do to stay strong in the crisis?

Choose a team that you are passionate about being part of and plot out how you can keep your team strong in the crisis.

YOUR TEAM	YOUR TEAM ACTION	STRENGTH IN YOUR TEAM
<div data-bbox="113 965 518 1137" style="border: 1px solid black; height: 77px; width: 254px;"></div>	<p data-bbox="588 432 999 544">What your team could do to adapt to the crisis and stay strong?</p> <div data-bbox="592 618 999 797" style="border: 1px solid black; height: 80px; width: 255px;"></div>	<p data-bbox="1070 432 1453 506">How would it improve the strength of your team?</p> <div data-bbox="1074 546 1484 703" style="border: 1px solid black; height: 70px; width: 257px;"></div>
	<div data-bbox="592 719 999 875" style="border: 1px solid black; height: 70px; width: 255px;"></div>	<div data-bbox="1074 719 1484 875" style="border: 1px solid black; height: 70px; width: 257px;"></div>
	<div data-bbox="592 965 999 1144" style="border: 1px solid black; height: 80px; width: 255px;"></div>	<div data-bbox="1074 887 1484 1043" style="border: 1px solid black; height: 70px; width: 257px;"></div>
	<div data-bbox="592 1189 999 1368" style="border: 1px solid black; height: 80px; width: 255px;"></div>	<div data-bbox="1074 1066 1484 1223" style="border: 1px solid black; height: 70px; width: 257px;"></div>
	<p data-bbox="600 1328 979 1402">e.g. Running an activity for your team in 'isolation'</p> <div data-bbox="592 1312 999 1491" style="border: 1px solid black; height: 80px; width: 255px;"></div>	<p data-bbox="1086 1256 1458 1330">e.g. Improve our communication as a team</p> <div data-bbox="1074 1234 1484 1391" style="border: 1px solid black; height: 70px; width: 257px;"></div> <p data-bbox="1086 1426 1382 1500">e.g. Help us all stay resilient to the crisis</p> <div data-bbox="1074 1406 1484 1563" style="border: 1px solid black; height: 70px; width: 257px;"></div>

Note: We have given an example of something that can be done for all teams and what you will go on to do as part of a team in I Can Build.

Now it is time to work together to improve the strength of your team

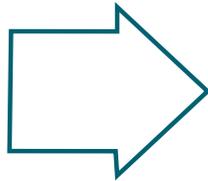
PART 2: I CAN BUILD

To complete this challenge, you are going to plan and lead an activity or event as part of a team but remotely from each other.

These are some ideas of what you might want to work on together to lead. You need to:

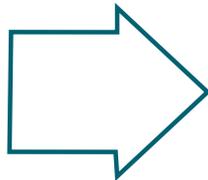
1. Form your team – you need three or four people including you
2. Choose one of these activities to lead, or come up with your own activity or event idea
3. Organise the activity including planning what smaller tasks need to be completed – there will be tasks ahead of the day of the activity and tasks for the day itself
4. Assign these tasks and team roles to the members of the team
5. Lead the activity as a team
6. Review how well you work together as team

Hold a quiz



- For your team members and/or your friends or those you live with
- You could all make a round of questions each

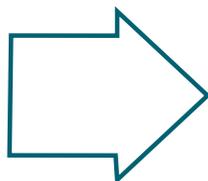
Complete a physical activity challenge



For example:

- Walk 50km as a group but in 'isolation'
- A group exercise workout over social media

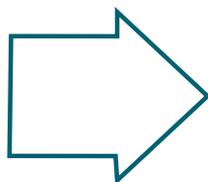
Set up a 'review' club



For example, you could review:

- One film a week
- A book or magazine
- A TV boxset

Create a case study of your shared experiences of the Covid-19 crisis



This could include:

- How you have had to adapt
- How your life has been impacted
- How you are going to help each other through the crisis

POWERUP YOUR TEAMWORK SKILLS



Work as a team to gain personal strength

Planning an activity as a team – deciding what you want to do

THE TEAM		
OUR TEAM	NAME	ROLE FOR THE ACTIVITY
OUR CHOSEN ACTIVITY		
ACTIVITY PARTICIPANTS (E.G. THE PEOPLE TO TAKE PART IN THE QUIZ)		
HOW WILL THE ACTIVITY BE DELIVERED (E.G. VIA WHATSAPP)		
DATE THE ACTIVITY WILL TAKE PLACE		

Continued on the next page...

AHEAD OF THE DAY(S) OF THE ACTIVITY - THE TASKS WE NEED TO BE READY

THE TASK	WHO IS DOING THIS?	BY WHEN

ON THE DAY(S) OF THE ACTIVITY - WHO NEEDS TO DO WHAT

THE TASK	WHO IS DOING THIS?

It is now time to lead your activity with your group...

PART 3: I CAN THRIVE

Reflecting on 'Strength in teams'

After the activity – How well did the activity go?

WHAT WORKED WELL AS PART OF THE ROLE YOU DID FOR THE TEAM?	HOW DO YOU NEED TO IMPROVE YOUR TEAMWORK FOR NEXT TIME?

After the activity – Being honest yourself

The first part is to review how well you think you worked as part of the team

WHAT WORKED WELL AS PART OF THE ROLE YOU DID FOR THE TEAM?	HOW DO YOU NEED TO IMPROVE YOUR TEAMWORK FOR NEXT TIME?
WHAT ARE YOU MOST PROUD OF ACHIEVING?	

After the activity – Being honest with each other

One of the strengths of being part of a team is being able to get feedback from other members of your team. Feeding back on the positive things your team did, as well as highlighting the things that need to be improved, can improve your whole team's teamwork skills in the future.

WHAT ABOUT THE TEAM WORKED WELL	HOW DOES YOUR TEAM NEED TO IMPROVE FOR THE NEXT ACTIVITY?
WHAT ARE YOU MOST PROUD OF ACHIEVING?	

ABOUT YOUR ACHIEVEMENTS THROUGH THIS CHALLENGE

I HAVE LEARNED	What are the top three things you have learnt about your ability to work as part a team	
I CAN BUILD	What do you now feel you can build on through teamwork that can impact your personal skill development	
I CAN THRIVE	What are your three greatest personal skills or behaviours you developed through this challenge that will help you thrive in the future	
	What three things do you now feel you can show through the personal skills you have used through this challenge	
How will this challenge impact on/influence you once the crisis is over?		

POWERUP YOUR TEAMWORK SKILLS



Find your strength
in teams

CONGRATULATIONS!

Now you have completed the 'Strength in teams' challenge

Use the space below to sum up how you have improved your Teamwork skills through this challenge. Please also score your Teamwork skills after completing this challenge.

Once you have done this, you will have achieved your 'Challenge 4: Strength in teams' digital badge.



Score yourself out of 10

Tutor Comments (Optional)



Take on Challenge 5 or any of the other challenges