



ADULTS NEED PLAY, TOO! FUN TEAM BUILDING ACTIVITIES FOR EVERY PLAY PERSONALITY

Learning Objectives: By the end of this training, successful participants will:

- ✓ List the benefits of play or playfulness for children, adults and the workplace
- ✓ Identify and define the 8 play personalities of adults and participate in games and play experiences for each
- ✓ Develop an action plan for implementing more play into programs and staff meetings

What is Play?

Properties of Play

- Apparently purposeless
- Voluntary
- Fun
- Potential to improvise
- Desire to continue

Why Do Children Need Play?

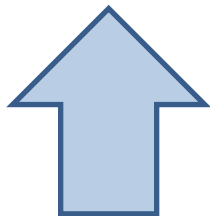
- * Play is necessary for _____ health and wellness
- * Play enhances brain development and learning.
- * Play provides “golden opportunities for _____ skill practice.” (Amanda Morgan)

Benefits of Play and Playfulness for Adults: Play helps adults to:

- Be “funny, spontaneous, impulsive, active, sociable, or _____” (Proyer, p. 141)
- Be intrinsically motivated, creative, spontaneous, and satisfied with their jobs (Yu et al.)
- Cope with _____ (Magnuson & Barnett)

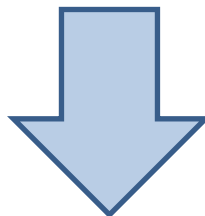
Benefits of Adults' Play for the Workplace

Play increases-----



Productivity
Job satisfaction
Innovation
Creativity
Morale
Efficiency

and decreases -----



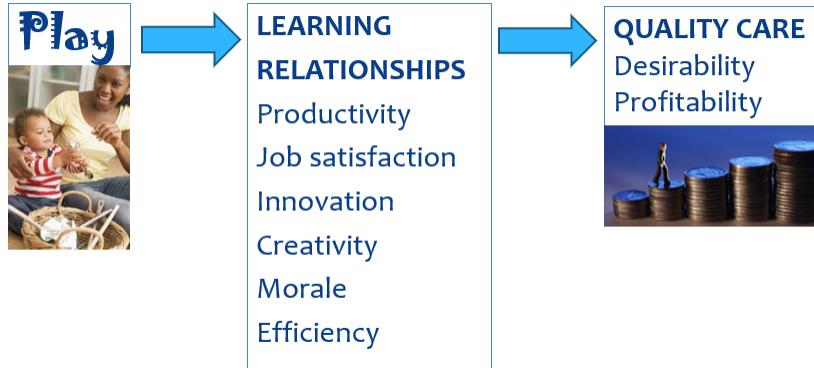
Absenteeism
Turnover
Stress
Health care costs
Frustration
Illness

(playaboutit.wordpress.com)

Playful Situations Help To Create Connections Among Co-Workers

Connecting activities require: _____ , _____
 and _____

Playfulness is perfect for early care and education workplaces!



What is Your Play Personality? (Brown, p. 66-70)

The Joker	The Explorer	The Director	The Artist/Creator
The Kinesthete	The Competitor	The Collector	The Storyteller

In-Person Team-Building Activities for the Play Personalities

FOR THE JOKERS:

Telling Jokes

Let volunteers open staff meetings with a joke or two or give them a mini “open-mic” or stand-up session.

FOR THE KINESTHETES:

Balloon Keep Up (Torbert. & Schneider, 2005)

Players stand in a circle each holding one balloon. Play by cooperatively batting all the balloons into the air. The goal is to keep the balloons from touching the floor.

“Name Boogie” ([http://www.teampedia.net/wiki/index.php?title=Name Boogie](http://www.teampedia.net/wiki/index.php?title=Name_Boogie))

- * One person says his/her first name followed by a dance move
 - * The rest of the group imitates the move, while repeating the person's name 3 times
 - * Each person takes a turn, choosing a different dance move
-

“Fruit Salad” (Traditional Girl Scout Game)

- * Form a circle
 - * Decide on 3 fruits that will go in your salad and assign one to each member
 - * Have one person go to the center of the circle and call a fruit name
 - * All persons with that fruit move across the circle to exchange places, and the person in the middle tries to take an empty spot
 - * Repeat with the new person calling a fruit name
-

FOR THE EXPLORERS:

Web Search

Find a partner or threesome. Using your smartphone or other device, research or explore the topic of “team building ideas” (or topic of staff meeting). Select one idea to share with colleagues at your table. (This idea works for virtual team-building as well.)

Field Trip (Real or Virtual)

Staff members participate in a field trip to a place of interest. There are many virtual field trips as well (i.e., National Parks).

The field trip may be planned by those with the Director play personality!

FOR THE COMPETITORS:

“Zip Zap Zop” (https://www.teampedia.net/wiki/Zip_Zap_Zop)

Stand in a circle. Someone begins by pointing to another person in the circle and saying "ZIP!"

That person then points to yet another person and says "ZAP!"

That person points to another person and says "ZOP!"

This continues, but the words must be said in order: ZIP, ZAP, ZOP.

If someone makes a mistake and says a word out of order, that person is out of the game.

“Private Eye” (https://www.teampedia.net/wiki/Jedi_Mind_Trick)

Stand in a circle with one person in the middle. The goal is to take a place from someone in the circle. Players in the circle attempt to switch places without losing a spot. To switch places, a player in the circle makes eye contact with another player in the circle, then they switch places.

No talking or gestures allowed!

FOR THE DIRECTORS:

“Cat Got Your Tongue” (National FFA Organization)

Without any talking, complete these tasks:

- * Line up by height.
 - * Organize yourselves by eye color.
 - * Line up by the length of your hair.
 - * Organize yourselves by the number of siblings in your family.
 - * Line up by the month you were born.
 - * Line up alphabetically by the street on which you live.
-

“Captain’s Coming!” (https://www.teampedia.net/wiki/Captain%27s_Coming!)

The Captain calls out the actions and dismisses the players who don’t do the actions quickly enough.

- * Captain's Coming!: Everyone stands at "attention" until directed “at ease”
 - * Man Overboard!: One person drops to one knee the other stands behind them, puts a hand on their shoulder. Both scan the ocean for the overboard man
 - * Crows Nest!: Three players stand backs to each other and lock arms at the elbows to form the crows nest
 - * Mess Table!: Four players squat in a circle like sitting at table and pretend to eat
 - * Walk the Plank!: Five people stand in a single file row hands on the shoulders of person in front of them
-

“Group Resumé” (Pike & Busse, *101 Games for Trainers*, p. 44)

Work together at your table to create a group resumé to publicize everyone’s talents and experiences. You may include:

- * Educational backgrounds
 - * Total years of professional experience
 - * Positions held
 - * Talents
 - * Major accomplishments
-

FOR THE COLLECTORS:

“Human Treasure Hunt” (Feigelson, p. 38)

Participants go around the room and identify people who meet the criteria on a list. Participant who find people meeting all of the criteria may win a small prize.

Sharing Classroom Collections

Let teachers bring in a classroom collection (or list of items in it) to share. You may want to direct which type of collection for each staff meeting (specific learning center, type of art media/materials, nature items, etc.)

FOR THE ARTISTS/CREATORS:

Object Play (Barbara Lynn, M.A.)

Provide art materials to design a fan (card stock, craft sticks, paper clips, colored paper). Ask staff to decorate their fans with the answer to: Who are you a “fan” of in Early Childhood Education? (Piaget, Vygotsky, Ainsworth, Becky Bailey, Raffi)

Exploring Art Media & Materials

Provide different art media and materials at the tables, using a different theme for each meeting (painting with various household items, sculptures out of recycled 3D items, collage materials, etc). During staff meetings, allow people to explore ways to use the media and materials, ending with a time to share ideas for using the activity in the classroom. Remember to stress that as with children, it’s the process, not the product!

FOR THE STORYTELLERS:

“Connecting Stories” (<https://www.icebreakers.ws/small-group/connecting-stories.html>)

- The first player shares an interesting memory or experience
 - Any other person can tell a story with a similar themes or elements
 - Another player can say something related to the last thing shared
 - Continue until all have contributed
-

Memory Walk

(DiSpezio, M. A. (2004). *How bright is your brain? Amazing games to play with your mind.* New York: Sterling Publishing)

Which is an easier (and more fun) way to remember these words? Parade, Car, Finger, Red, Washroom, Poster, Computer, Sweater, Elephant, Stream.

- To keep repeating or writing the list
- To create a story that connects the words

Provide staff with a list of words and ask them to each create their own story with the words. This is especially helpful for staff meetings when you want them to remember specific ideas!

Resources

- Baker, A. C. & Manfredi/Petitt. (2004). *Relationships, the heart of quality care: creating community among adults in early care settings.* Washington: NAEYC
- Biech, E. (ed.) (2001). *The Pfeiffer Book of Successful Team-Building Tools.* New Jersey: John Wiley & Sons, Inc.
- Brown, S. (2009). *Play: How it shapes the brain, opens the imagination and invigorates the soul.* New York: Penguin.
- Feigelson, S. (1998). *Energize your meetings with laughter.* Alexandria, VA: Association for Supervision and Curriculum Development.
- Magnuson, C. D., & Barnett, L. A. (2013). The playful advantage: How playfulness enhances coping with stress. *Leisure Sciences*, 35, (2), 129-144.
- National FFA Organization. (2009). *Leadership on the go: A library of activities for inside and outside the classroom.*
- Pike, B. & Busse, C. (1995). *101 Games for Trainers.* Minneapolis: Lakewood Books.
- Pike, B. & Busse, C. (1995). *101 More Games for Trainers.* Minneapolis: Lakewood Books.
- Proyer, R. T. (2012). A Psycho-linguistic study on adult playfulness: Its hierarchical structure and theoretical considerations. *Journal of Adult Development*, 19, (3), 141-149.
- Tominey & McClelland (2011). Red light, purple light: Findings from a randomized trial using circle time games to improve behavioral self-regulation in preschool. *Early Education and Development*, 22 (3).
- Torbert, M. & Schneider, L.B. (2005) *Follow me too: A handbook of movement activities for three- to five-year-olds.* Washington, DC: NAEYC.
- Yu, P., Wu, J. J., Chen, I. H., and Lin, Y. T. (2007). Is playfulness a benefit to work? Empirical evidence of professionals in Taiwan. *International Journal of Technology Management*, 39, (3-4), 412-429.