BY MICHELLE CUMMINGS

More Virtual Team Building Activities

PART 2 - Additional Experiential Activities for a Virtual Audience

By Michelle Cummings

(and friends!)

Copyright 2020©

A Note from Michelle Cummings

Hello!

This e-book was thrown together quickly to help facilitators convert in-person activities to a virtual format when the Covid-19 virus spread rapidly around the world. This is the follow up document to the first handout **30 Virtual Team Building Games**. I'm sure there are a few errors… This is my attempt to use my gifts and talents to help others as they frantically try to figure out this 'new normal' and facilitate in a virtual world for the time being. I think it's a good reminder that experiential activities should be outcome-based, so getting to the true purpose of why we are doing what we're doing will be important when it comes to selecting an activity to use virtually.

I designed this document with clickable links to share additional online resources as well. Many of the images in this document are also available as free downloads on our Pinterest page.

You probably already know that converting regular activities into virtual activities isn't as simple as just finding an online meeting room to use. There are many additional things to consider and it requires some creativity, reimagining and redesigning, all while keeping the integrity of the program intact. We have to think about ways to increase engagement in an easily distractible environment. As the need for online delivery intensifies, I will continue to put out more virtual content on my Blog as well as in my Free Online Newsletter called The Spokesperson.

A Big Shout Out to many facilitators that emailed in activities to include in this document. We are in this together! Here are several Virtual Team Building Activities you can use. Enjoy!

Have Fun Out There! ~Michelle Cummings, Training Wheels

Managing Group Energy and Tips for Virtual Facilitation

In a virtual world, managing the energy of your group and keeping people engaged can be a challenge. Especially if your online session is right after lunch when 'food coma' is likely to set in. Most people are not used to being engaged on a screen for long periods. It's important to make sure that there are a mix of brain breaks and interactivity scattered throughout your presentation.

People's attention spans are smaller for virtual classrooms. Try to keep the content in 30-, 45- or 60-minute segments. Longer than that will be a struggle to hold everyone's attention and they will likely not retain much.

Some of our favorite research to back this concept was done by Dr Marcia Tate. In her book, Sit and Get Won't Grow Dendrites, she identified 20 brain-compatible strategies that are crucial for long-term retention and behavior change when teaching or facilitating. From her book: "*The average attention span for listening to a lecture is commensurate with the age of the participant. For example, a 6-year-old appears able to listen without active engagement for about 6 minutes, a 12-year-old 12 minutes, and so forth. However the maximum amount of time, even for an adult, is approximately 20 minutes. After that time, without active engagement, the brain has simply had enough (*Tileston, 2004*).*

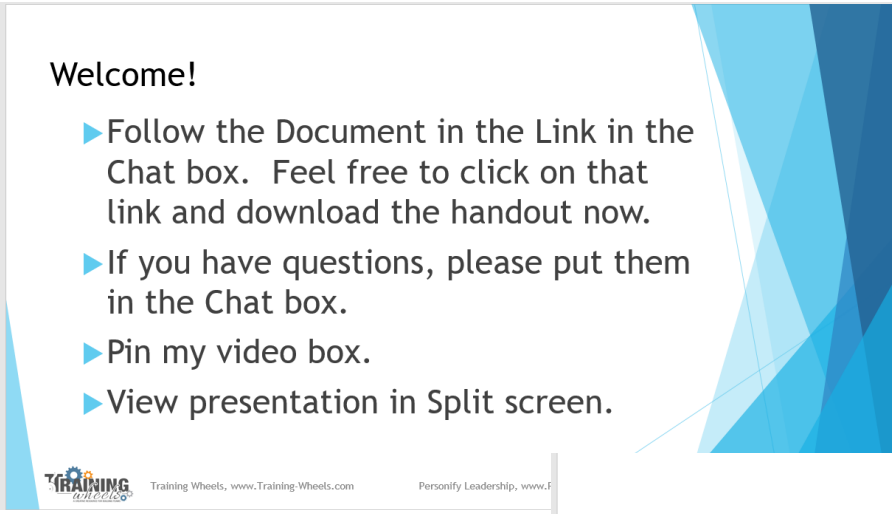
Email note-taking handouts with check-in prompts ahead of time. This will help learners stay engaged and will increase retention. If they're listening and writing, they're paying attention. Inject frequent interactivity into your session like polls, surveys, status check emojis (thumbs up/thumbs down) or the chat feature. Invite participants to stand and do a quick stretch. Even little things like this can help keep the brain engaged and help to keep people focused.

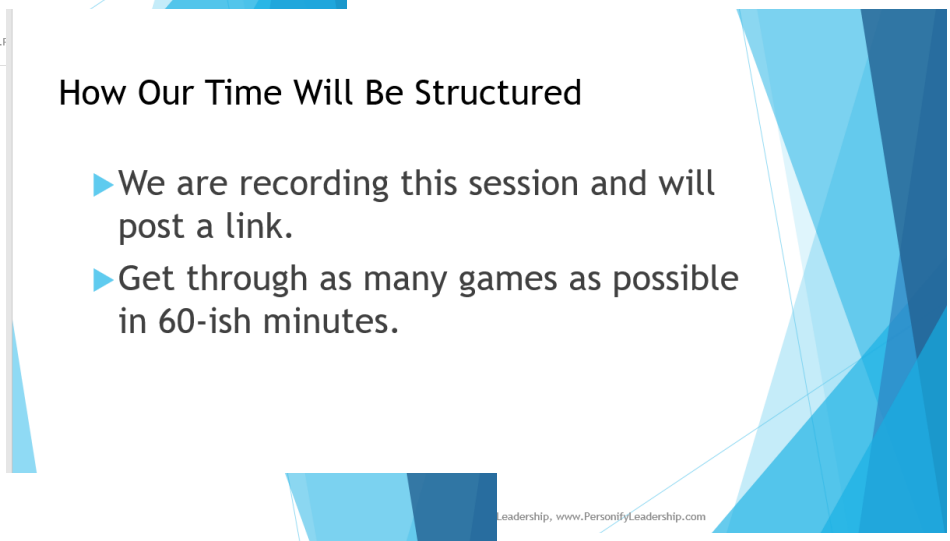
Use people's names as much as you can. Respond to as many questions as you can. Make their participation count. Be visible to the learners. Appear on camera as much as you can. Script out your responses or remarks if you tend to get super nervous when presenting to a crowd of people. Dress the same way as you would in the classroom. Smile! If you don't have the option for live streaming or video, put a headshot of you up on the slide when you introduce yourself so learners have a face to put with your voice.

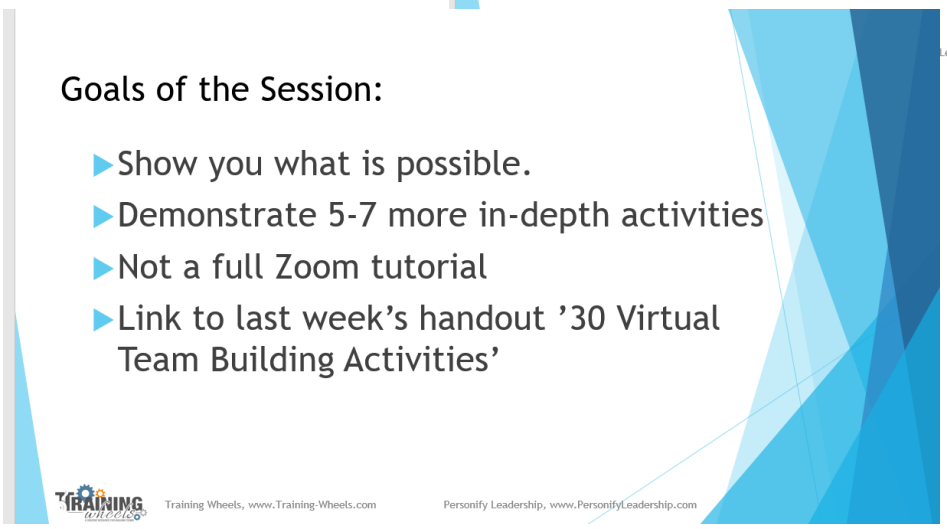
Your expertise and professionalism will come across. Even virtually! You've got this!

Allow Time in your Presentation for Onboarding

A good rule of thumb for Virtual Meetings is to make sure you allow time in your presentation to 'onboard' people into whatever platform you choose to use. Let them know how the time will be structured and what the goals of the session are. Give them a few minutes to play with the settings and features so when it comes time to use them they have some basic knowledge of what to do.

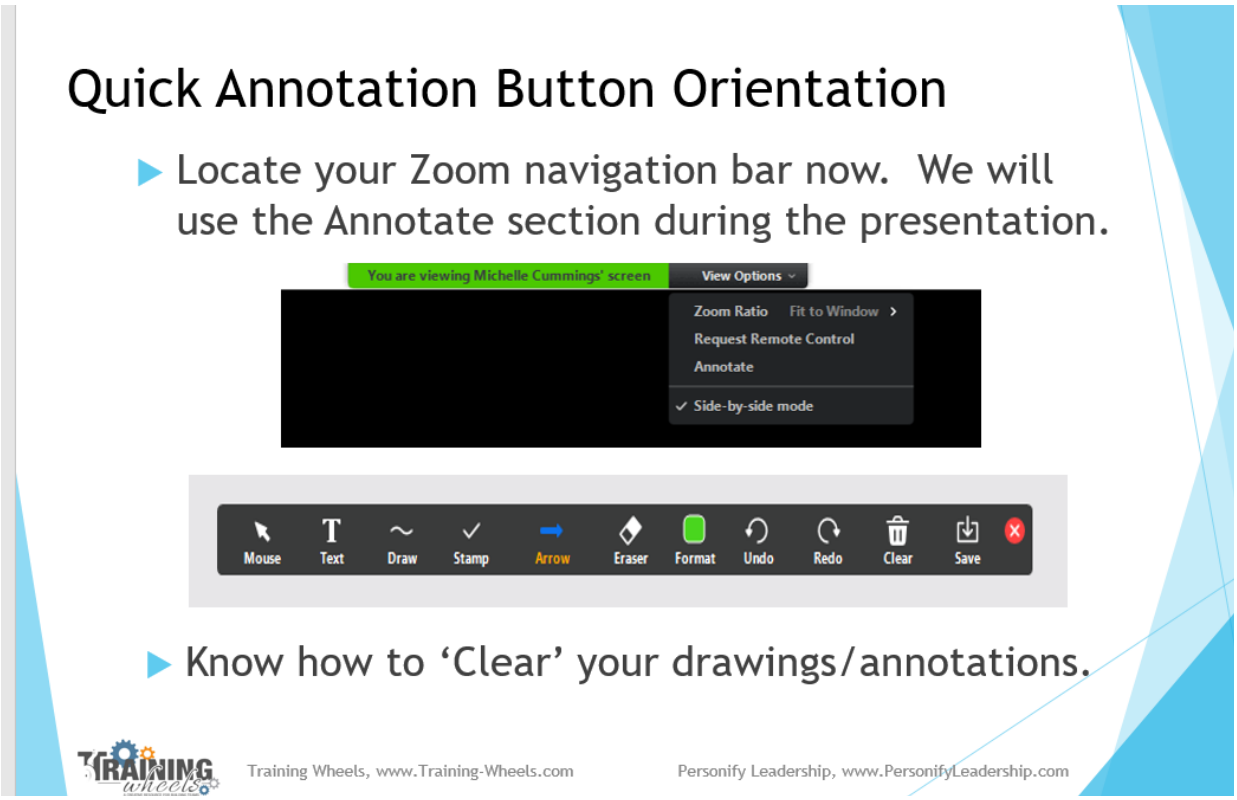






Practice Annotating and Clearing

If you are using the Annotate feature, give them a few minutes to play with the settings and features so when it comes time to use them they have some basic knowledge of what to do.



Virtual Icebreaker Activities

Brady Bunch Gallery View Game

Directions:

- The Brady Bunch was a television sitcom in the late 60's and early 70's.
- Invite the group to set their screens into Gallery View.
- Call out the name of one person and ask everyone to point in the direction they see that person in their Gallery View (up, down, left or right) and look at their screen. Everyone will be pointing in different directions!
- This person now selects someone else in their Gallery View and everyone repeats the process.
- Repeat until all participants have had their name called.
- For large groups, send them into breakout rooms in groups of nine for 3-5 minutes to play.

Six Count

Source:
Executive Marbles, by Sam Sikes
The Empty Bag, by Chris Cavert and Dick Hammond

Set Up: Enough room for participants to move their arms around freely.

Directions:

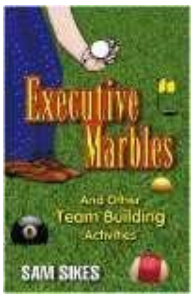
- This can be done seated or invite participants to stand.
- Make sure everyone has enough room to move their arms up and down straight out from their sides. Ask everyone to start with their arms down at their sides.
- First, everyone count to 6 – "One, Two, Three, Four, Five, Six." Good. Now using the right arm you're going to count and add some movement. On "One", a straight right arm goes up, out to the side and stops straight up overhead in the air. On "Two" back down to the side the same way. On "Three" the arm goes straight back up overhead. On "Four" is back down to the side. On "Five" straight up again, "Six" back down to the side. Good.
- Then move to the left arm. On "One" a straight left arm moves goes straight up overhead. On "Two" the left arm moves down but only half way, stopping when it is parallel to the ground. On "Three" the arm goes all the way back down to the side. At "Four" the arm goes all the way back up again, on "Five" down parallel to the ground, and on "Six" it's back down to the side. You might like to practice each arm one more time.
- The ultimate challenge is to put both arm movements together at the same time! Try this a few times starting out slow and building up speed.
- After some laughs stop the action. Let them know they can practice later on their own if they want to master it.

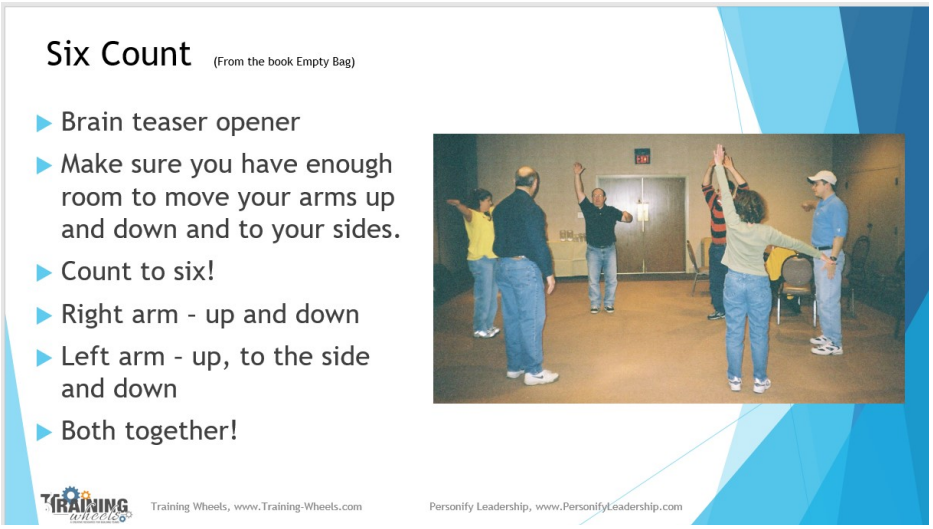
Facilitation Points:

- Practice this ahead of time so you are proficient at it before you present.
- Doing activities like this help wake up the synapsis between the left and right hemisphere of the brain.

Debrief Topics:

- What strategies did you come up with to make it easier?
- Was it difficult to split your actions? Why?





Virtual Problem Solving Activities

Traffic Jam

Source: Adapted from an activity in the upcoming book**,** **What To Do with a Few** by Michelle Cummings.

Props Needed: Sticky notes, coins, small objects

Directions: This is a high-level cerebral puzzle. You will need one space for each participant, plus one extra. Arrange your spots in a line or a semi-circle formation with one extra spot in the center of the semi-circle. Assign one spot to each person and have everyone face the center spot. Using the following moves, people on the left side of center must end up in the places on the right side, and vise versa.

Legal moves:

1. A coin may move into an empty space in front of him/her.

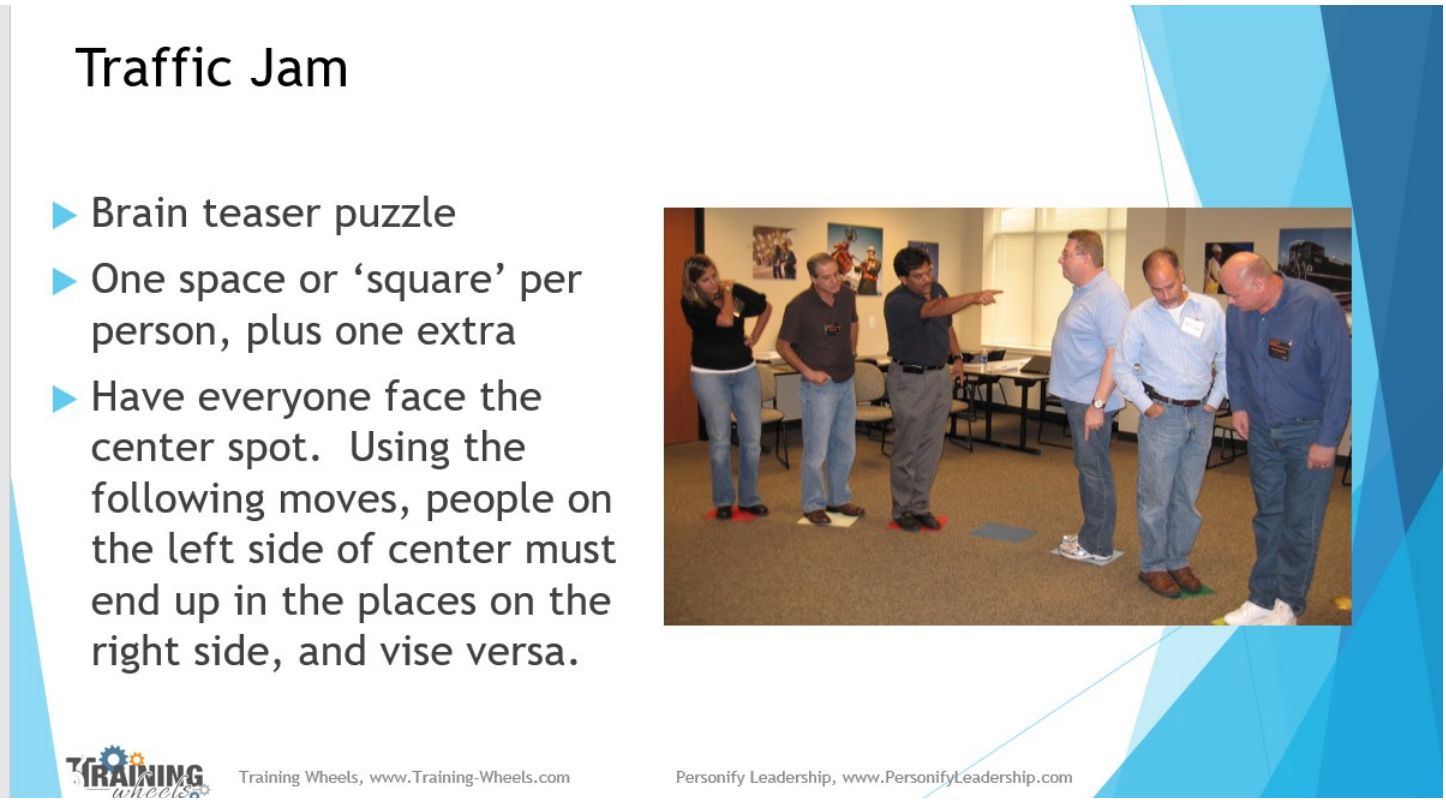
A coin may move around another coin that is going the opposite direction into an empty space.

Illegal moves:

1. Any move backwards.
2. Any move around a coin going the same direction.

Any move which involves two coins are moving at once.

This can be a very frustrating activity for some people. It may need to be halted at some point and then debriefed.



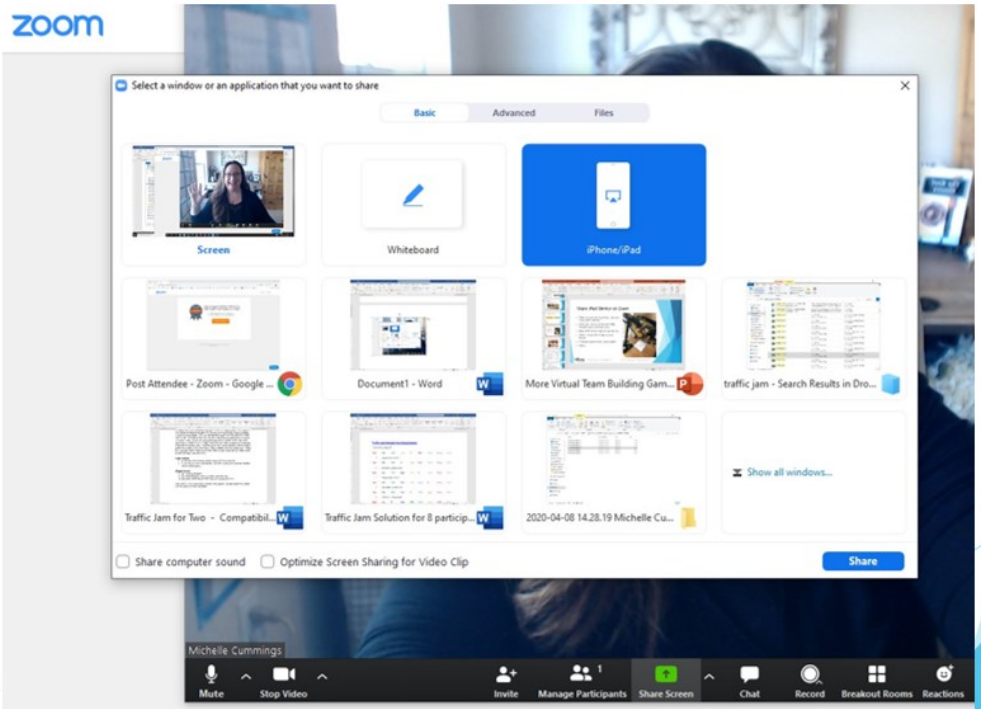
Traffic Jam

- Tweaked for Virtual Audience
- Share second device using 'Screen Mirroring'
- Use Sticky Notes on your desk as your spots

Training Wheels, www.Training-Wheels.com

Personify Leadership, www.PersonifyLeadership.com

Share iPad/Device on Zoom



Sharing a Second Device on Zoom

If you have a second device, this can open up new possibilities for Virtual Facilitation. On the Zoom platform, you have several options when it comes to sharing something for the participants to see. You can share a Virtual White Board, your Power Point presentation, a second webcam or a separate device.

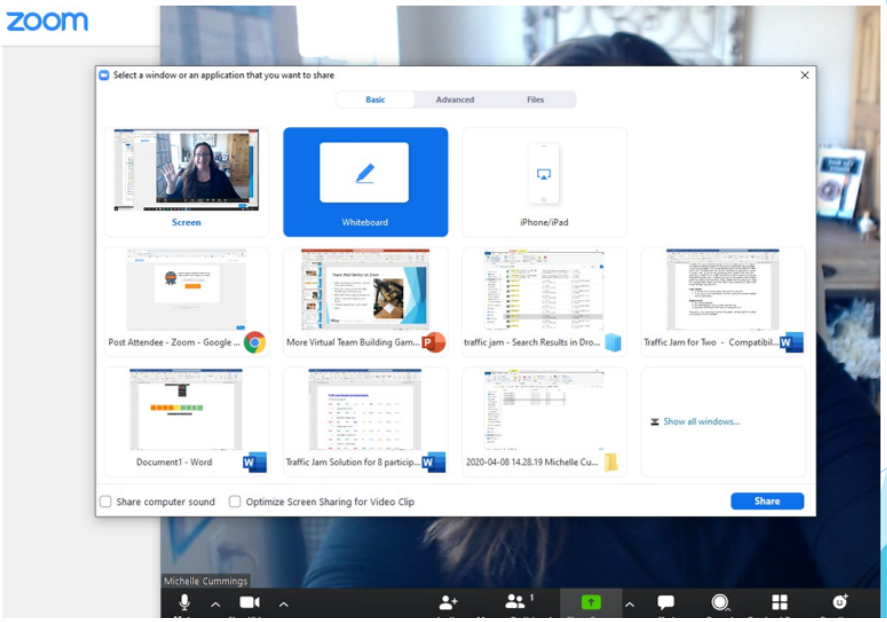
Share iPad/Device on Zoom

- When you are the Zoom Host, you can share other devices.
- Have your device on the same Wifi network your computer is on.
- Open your camera app on your device.
- Select 'Screen Mirroring' on your device.
- It should locate Zoom, select share.
- Voila!

Training Wheels, www.Training-Wheels.com

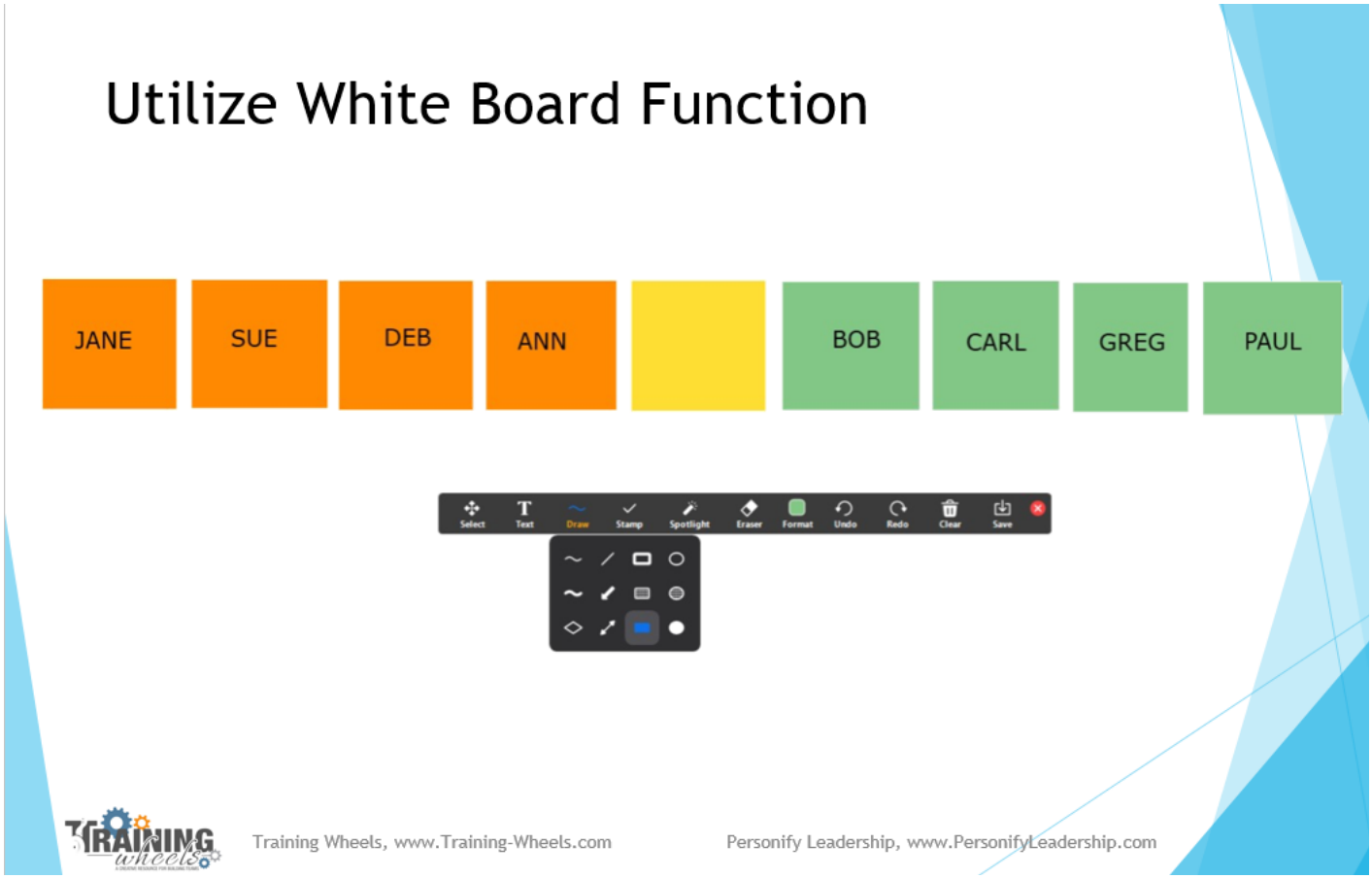
Personify Leadership, www.PersonifyLeadership.com

Share White Board on Zoom

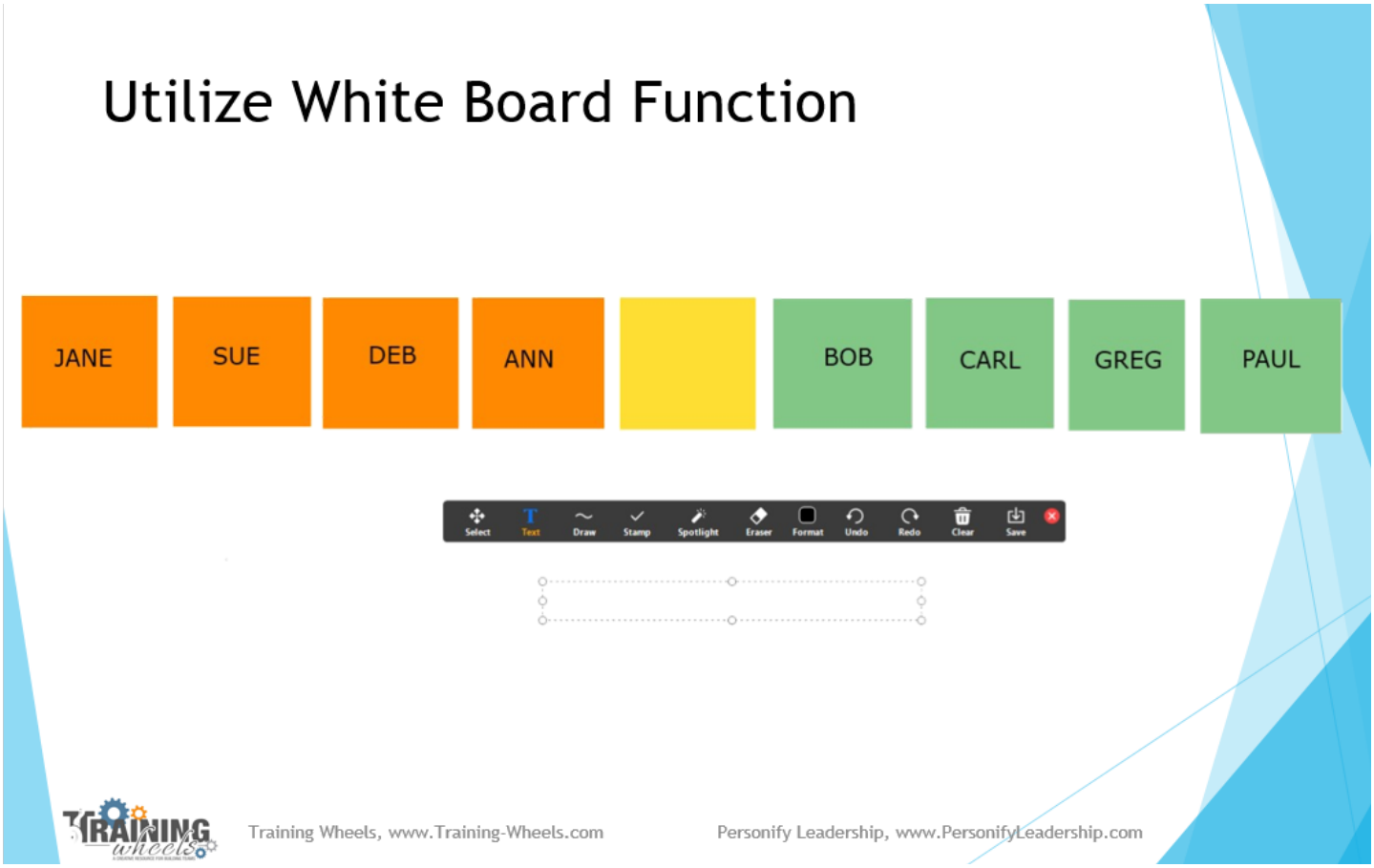


White Board Function for Traffic Jam

You can use the White Board Function to create the spots needed for Traffic Jam. Utilizing the Annotate function, create the colored boxes with the 'Draw' function and select the box. You can change the color of the box with the 'Format' function.



Then use the 'Text' function to write the names of your participants. Once the name boxes are created, participants can use the 'Select' function to move their name box to different spots.



Traffic Jam Solution for 8 Participants

STARTING LINE-UP

Jane	Sue	Deb	Ann	0	Bob	Carl	Greg	Paul

1. Ann moves forward.

Jane	Sue	Deb	0	Ann	Bob	Carl	Greg	Paul

2. Bob moves around Ann.

Jane	Sue	Deb	Bob	Ann	0	Carl	Greg	Paul

3. Carl moves forward.

Jane	Sue	Deb	Bob	Ann	Carl	0	Greg	Paul

4. Ann moves around Carl.

Jane	Sue	Deb	Bob	0	Carl	Ann	Greg	Paul

5. Deb moves around Bob.

Jane	Sue	0	Bob	Deb	Carl	Ann	Greg	Paul

6. Sue moves forward.

Jane	0	Sue	Bob	Deb	Carl	Ann	Greg	Paul

7. Bob moves around Sue.

Jane	Bob	Sue	0	Deb	Carl	Ann	Greg	Paul

8. Carl moves around Deb.

Jane	Bob	Sue	Carl	Deb	0	Ann	Greg	Paul

9. Greg moves around Ann.

Jane	Bob	Sue	Carl	Deb	Greg	Ann	0	Paul

10. Paul moves forward.

Jane	Bob	Sue	Carl	Deb	Greg	Ann	Paul	0

11. Ann moves around Paul.

Jane	Bob	Sue	Carl	Deb	Greg	0	Paul	Ann

12. Deb moves around Greg.

Jane	Bob	Sue	Carl	0	Greg	Deb	Paul	Ann

13. Sue moves around Carl.

Jane	Bob	0	Carl	Sue	Greg	Deb	Paul	Ann

14. Jane moves around Bob.

0	Bob	Jane	Carl	Sue	Greg	Deb	Paul	Ann

15. Bob moves forward.

Bob	0	Jane	Carl	Sue	Greg	Deb	Paul	Ann

16. Carl moves around Jane.

Bob	Carl	Jane	0	Sue	Greg	Deb	Paul	Ann

17. Greg moves around Sue.

Bob	Carl	Jane	Greg	Sue	0	Deb	Paul	Ann

18. Paul moves around Deb.

Bob	Carl	Jane	Greg	Sue	Paul	Deb	0	Ann

19. Deb moves forward.

Bob	Carl	Jane	Greg	Sue	Paul	0	Deb	Ann

20. Sue moves around Paul.

Bob	Carl	Jane	Greg	0	Paul	Sue	Deb	Ann

21. Jane moves around Greg.

Bob	Carl	0	Greg	Jane	Paul	Sue	Deb	Ann

22. Greg moves forward

Bob	Carl	Greg	0	Jane	Paul	Sue	Deb	Ann

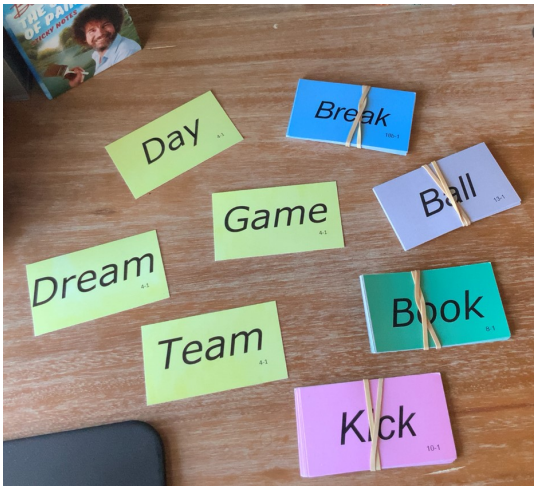
23. Paul moves around Jane.

Bob	Carl	Greg	Paul	Jane	0	Sue	Deb	Ann

24. Jane moves forward.

Bob	Carl	Greg	Paul	0	Jane	Sue	Deb	Ann

Word Circle Puzzles



Source: Chip Schlegel, Chris Cavert with FunDoing.com

Props Needed: Cards with Word Circle puzzles

Directions: The basic idea of Word Circle Puzzles is to take a combination of 'single' words and link them together with another word so that they form common (and in some cases, not-so common) phrases, words and other arrangements. For example, a common phrase from two words might be 'Board Game' or 'Finger Food'. Common words from two single words might be 'infuse' or 'weekend'.

Examples of card-to-card arrangements include: • Compound words (e.g., Catwalk)
• Commonly known expressions (e.g., Peace out)
• Words that commonly occur in sequence (e.g., Set Match – from tennis)
• Proper nouns (e.g., Kingpin)
• Word combinations missing the punctuation

The Challenge: The challenge of Word Circle Puzzles is to connect a group of these single words so that in the end there is a continuous circle of words where every two words (reading the circle clockwise – to the right) combined together form either one single word, a two-word phrase or other arrangement noted above.

For example, given the four following Word Cards:

Day, Team, Dream, Game

The physical arrangement of the cards would be:

Day, Dream, Team, Game

Because this arrangement creates the following combinations:

'Daydream', 'Dream Team', 'Team Game' and 'Game Day'

Another way to look at this is to imagine four players standing together in a circle, each holding one of the Word Cards. The 'Day' player stands next to the 'Dream' player, who is standing next to the 'Team' player. The 'Team' player is standing next to the 'Game' player who is standing next to the 'Day' player. Thus, creating a physical representation of the Word Circle Puzzle solution (see photo).

Visit this blog post on FunDoing.com for six free Word Circle Puzzles!

Word Circle Puzzle in Flippity

To create your own Word Circle Puzzles to use in a Virtual Space, there are a few platforms that have unique functions that allow you to create 'cards' that can be moved around. We found two that work fairly well. Flippity.net and Mural.co

For Flippity.net, locate the Flippity Manipulatives document. There is an option to Demo how it works, step-by-step Instructions, and a Template to build your own Word Circle Puzzles as well. We also have one set of Word Circle Puzzles already designed in Flippity so you can test it out.

To make this work in your virtual session, send participants into breakout rooms to solve the puzzles. Have them cut and paste the custom Word Circle Flippity link from the Chat box before leaving the main session. One participant need to be the 'card mover' and share their screen with the others in their breakout room. Participants direct the 'card mover' to assist in solving the Word Circle Puzzle. Pop into the breakout room to check on their progress and to check their work. You can also have them screen shot or take a picture of their solutions and text or email them to you.

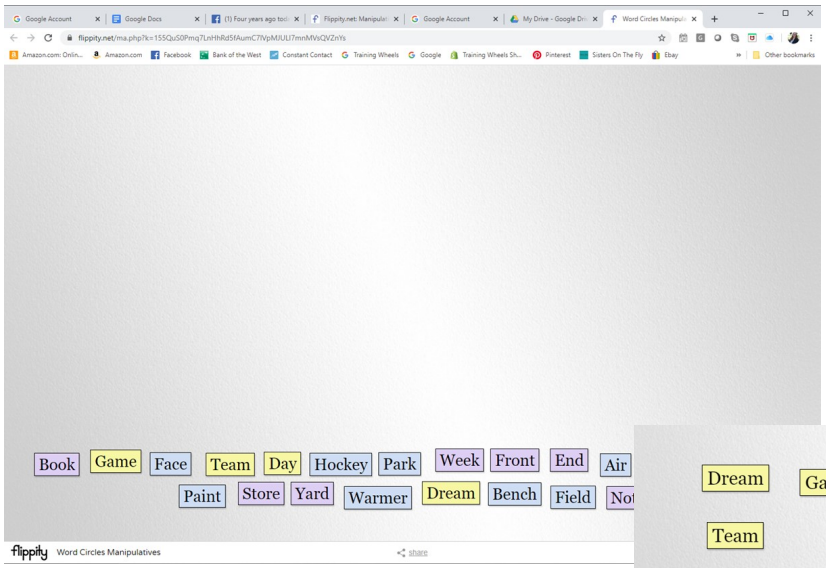
Word Circle Puzzles

- Flippity.net
- Create your own Word Circles
- Create a custom link to your Word Circle Puzzles
- Send participants into Breakout Rooms to solve puzzles
- Cut and paste the custom Word Circle Flippity link in the Chat box.
- Have one participant share their screen in the breakout room.

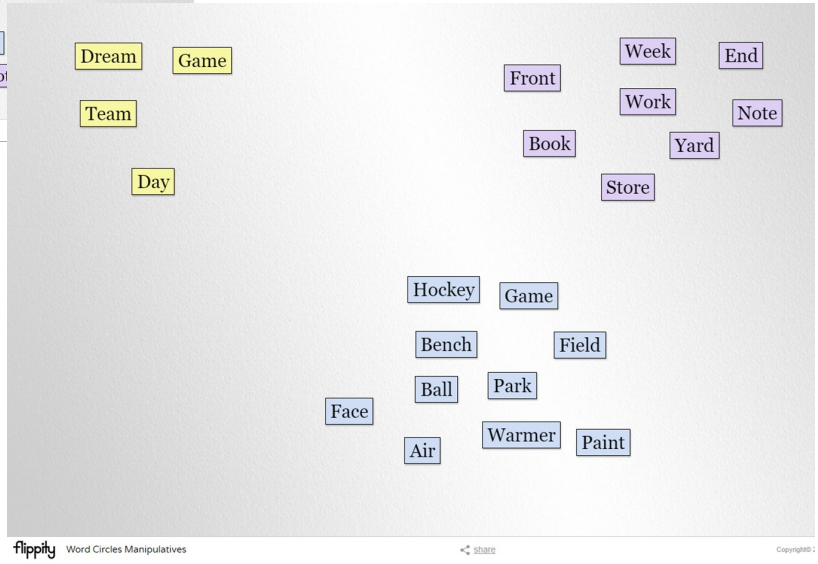
Training Wheels, www.Training-Wheels.com Personify Leadership, www.PersonifyLeadership.com

Word Circle Puzzle in Mural

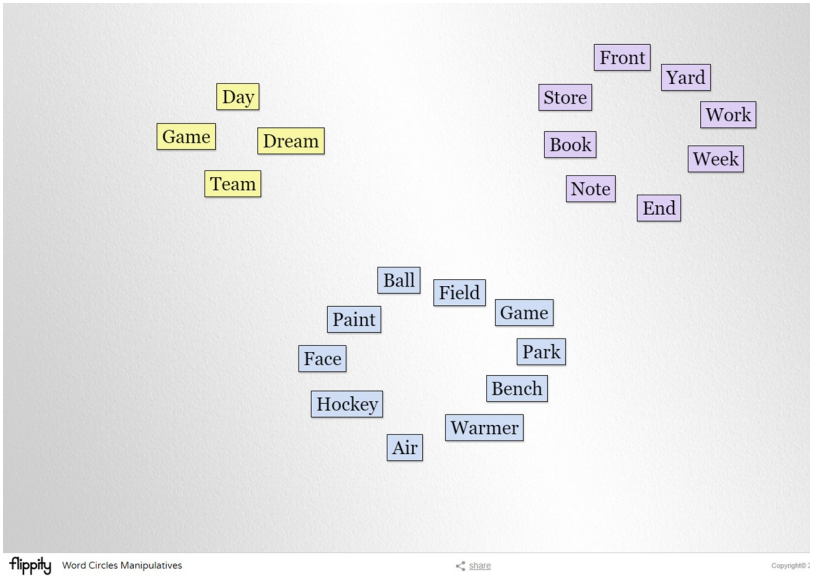
The first screen they will see in Flippity has all of the words randomly placed at the bottom of the screen.



Instruct them to group their words according to color.



The work together to find the solution to each puzzle.

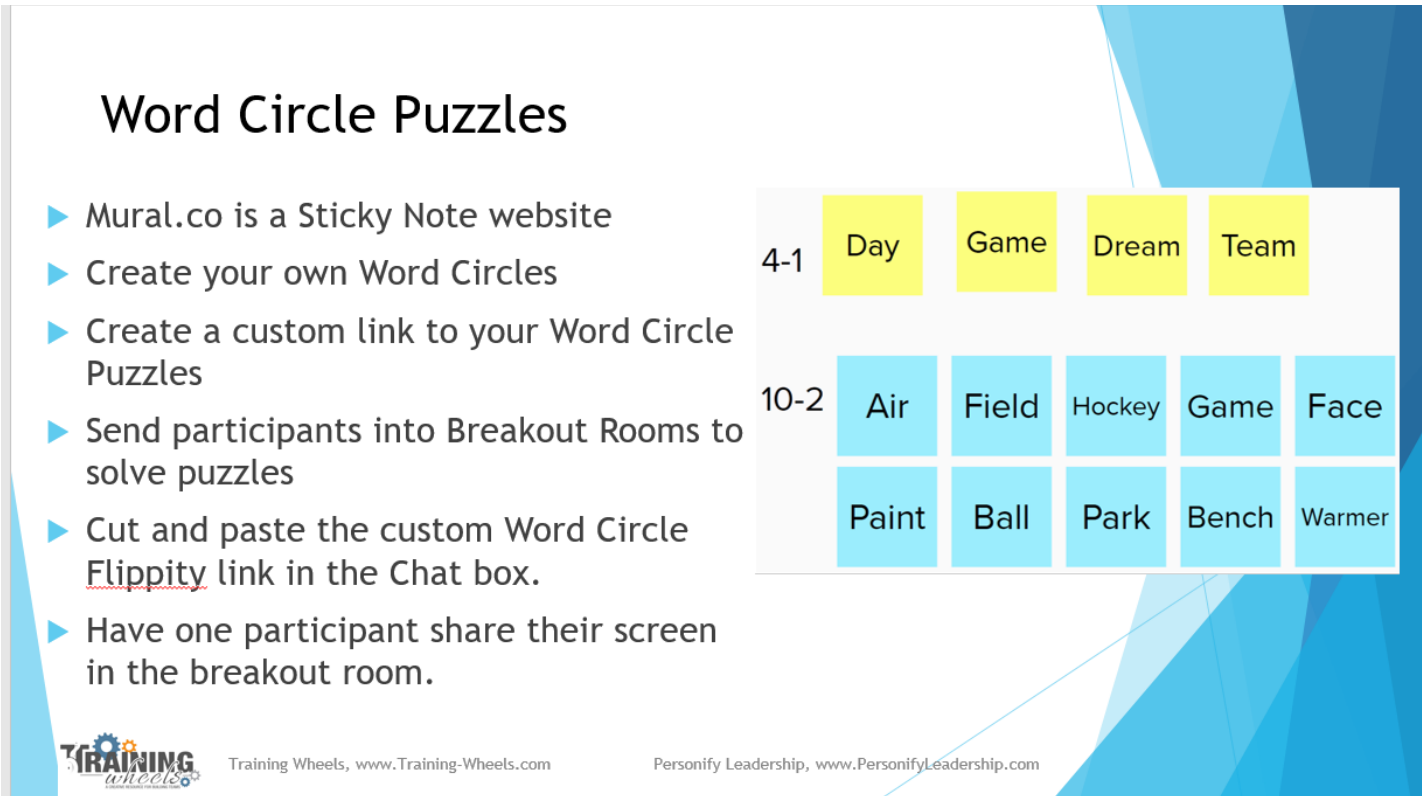


Word Circle Puzzle in Mural

The Mural.co website is a web-based Sticky Note site.

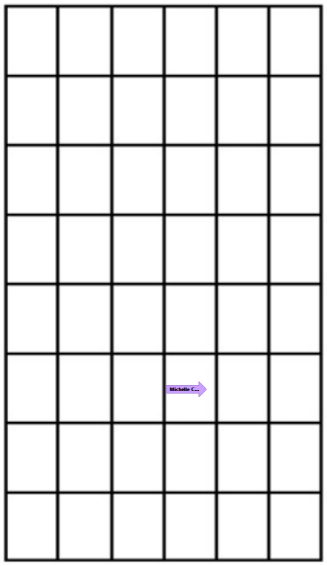
We also have one set of Word Circle Puzzles already designed in Mural so you can test it out.

To make this work in your virtual session, send participants into breakout rooms to solve the puzzles. Have them cut and paste the custom Word Circle Mural link from the Chat box before leaving the main session. One participant need to be the 'card mover' and share their screen with the others in their breakout room. Participants direct the 'card mover' to assist in solving the Word Circle Puzzle. Pop into the breakout room to check on their progress and to check their work. You can also have them screen shot or take a picture of their solutions and text or email them to you.



Invisible Maze

- Gridded tarp
- You provide a blank grid
- Participants have to click on the maze using their **Arrow** button in the Annotation bar to figure out the correct path
- You have the 'map'
- Use a game buzzer for incorrect moves

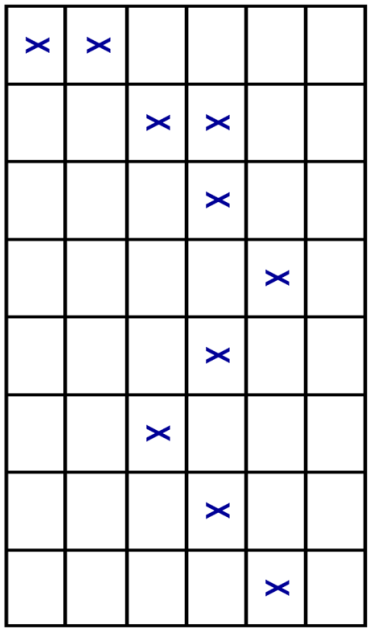


Training Wheels, www.Training-Wheels.com

Personify Leadership, www.PersonifyLeadership.com

This traditional team building activity is usually done with a gridded tarp and participants have to guess the exact stepping sequence to crack the puzzle. They must figure out the way through trial and error. Using a bike horn or buzzer, the facilitator buzzes the participant that steps in an incorrect square and they must go to the end of the line. Only one participant may be on the grid at a time. Once they figure out a correct square, the next square in the sequence will be one of the squares touching the square they are standing in. Marking the correct path with coins, blades of grass, rocks, or whatever else is in the vicinity is not allowed. The maze is broken when everyone in the group has passed through the stepping sequence correctly.

To adapt this to a virtual environment, provide a blank grid on your screen and enable the participants Annotate buttons. Ask them to use the ARROW button, as each time they click into a new square it disappears. This allows participants to progress through the maze without marking their previous steps. This makes the task more difficult. Use a buzzer to signal when a participant has moved into an incorrect space.



The County Fair

The County Fair (Thanks to Jim Cain for submitting.)

- Group problem-solving activity that can be accomplished remotely.
- Using the 13 clues provided, see if your group can solve the mystery.
- Begin by emailing, texting or sharing each of the clues to a different member of your group. Then, using an audio or video conferencing app (such as FaceTime, Skype, Zoom, WeChat) see if your group can solve the mystery by working together.

Training Wheels, www.Training-Wheels.com

Personify Leadership, www.PersonifyLeadership.com

Our good friend Jim Cain from Teamwork & Teamplay shared this activity from his book Team Building with Index Cards, and from his custom card set, Teamwork & Teamplay Cards.

Here is a problem-solving activity for groups that can be accomplished even when participants are remotely located. Using the 13 clues provided, see if your group can solve the mystery of who baked each pie and which prize each pie won. Begin by emailing, texting or sharing each of the following clues to a different member of your group. Then, using an audio or video conferencing app (such as FaceTime, Skype, Zoom, WeChat) see if your group can solve the mystery by working together.

See the clues on the following page:

The County Fair

There were six entries in the pie contest at the county fair.

Clue #1

Judges awarded prizes for first, second, third, fourth, fifth and sixth place.

Clue #2

The contest judges awarded first prize to the apple pie.

Clue #3

The peach pie won second place.

Clue #4

The cherry pie was so sour the judges did not place it in the top five places.

Clue #5

Betty's pie placed lower than Andy's pie and higher than Dave's pie.

Clue #6

Ellen's pie was one of the best she ever made.

Clue #7

Sarah substituted brown sugar for regular sugar in her pie.

Clue #8

Sarah did not receive either first or sixth prize.

Clue #9

Andy has never entered a fruit pie in the county fair.

Clue #10

The chocolate pie placed one place higher than the pecan pie.

Clue #11

One person won two prizes, for fifth and sixth places and one of these pies was Blueberry.

Clue #12

Who baked which pie? What prize did each pie win?

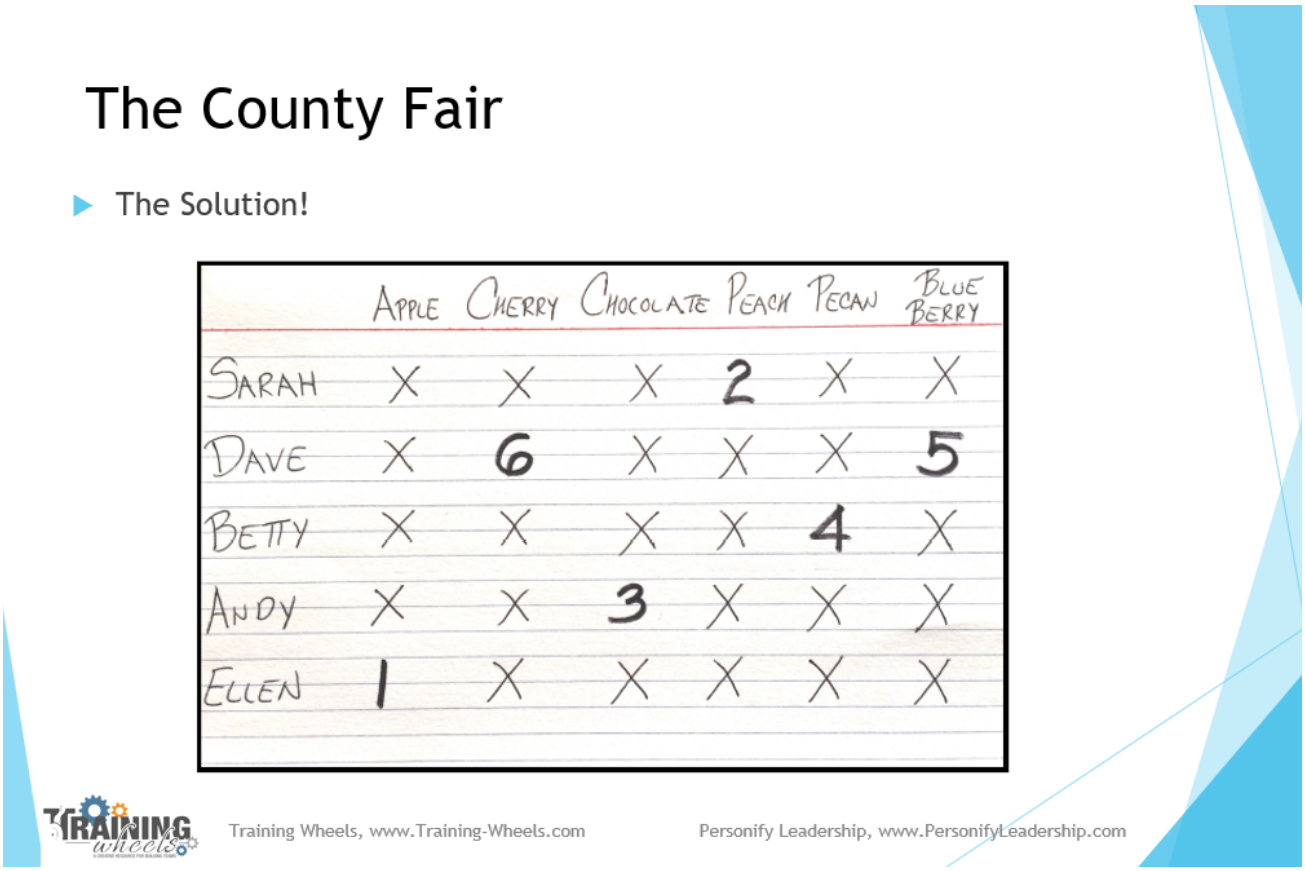
Clue #13

A mystery presented in thirteen pieces!

Solution

Ellen	Apple	1
Sarah	Peach	2
Andy	Chocolate	3
Betty	Pecan	4
Dave	Blueberry	5
Dave	Cherry	6

The mystery presented here is in the form of a logic puzzle. The solution can be found using a Sudokulike grid with some combination of the three known factors: places 1 through 6, the names of the bakers and the six flavors of pie. One example is shown in the photo below, featuring the six flavors of pie on the horizontal axis and the five pie makers on the vertical axis. The potential places are then listed from the information provided (apple=1st prize, peach = 2nd prize, cherry = 6th prize, blueberry = 5th prize, leaving only 3rd and 4th prize. Chocolate placed one place higher than pecan, so chocolate = 3rd prize and pecan = 4th prize). Next, we need to eliminate some of the possibilities shown on the grid. Andy made the chocolate or pecan pie, eliminating all other fruit pie flavors for Andy (so we place X's there). Sarah did not receive 1st or 6th prizes, so cross those off for her. Betty placed lower than Andy (so we can cross of 1st, 2nd and 3rd place for her) and higher than Dave (so we can cross off 6th place as well). Betty placed lower than Andy (who either took 3rd or 4th prize), meaning Betty took 4th or 5th prize, and higher than Dave (who either took 5th or 6th prize). We know that the person taking 5th prize also takes 6th prize, so Dave is the double pie baker, winning 5th and 6th prizes. Ellen is the only pie maker left in the first column and wins 1st prize for her Apple pie. Betty wins 4th prize for her Pecan pie and Andy is one place above her, in 3rd place for his Chocolate pie. Leaving the final pie maker Sarah in 2nd place with her Peach pie.



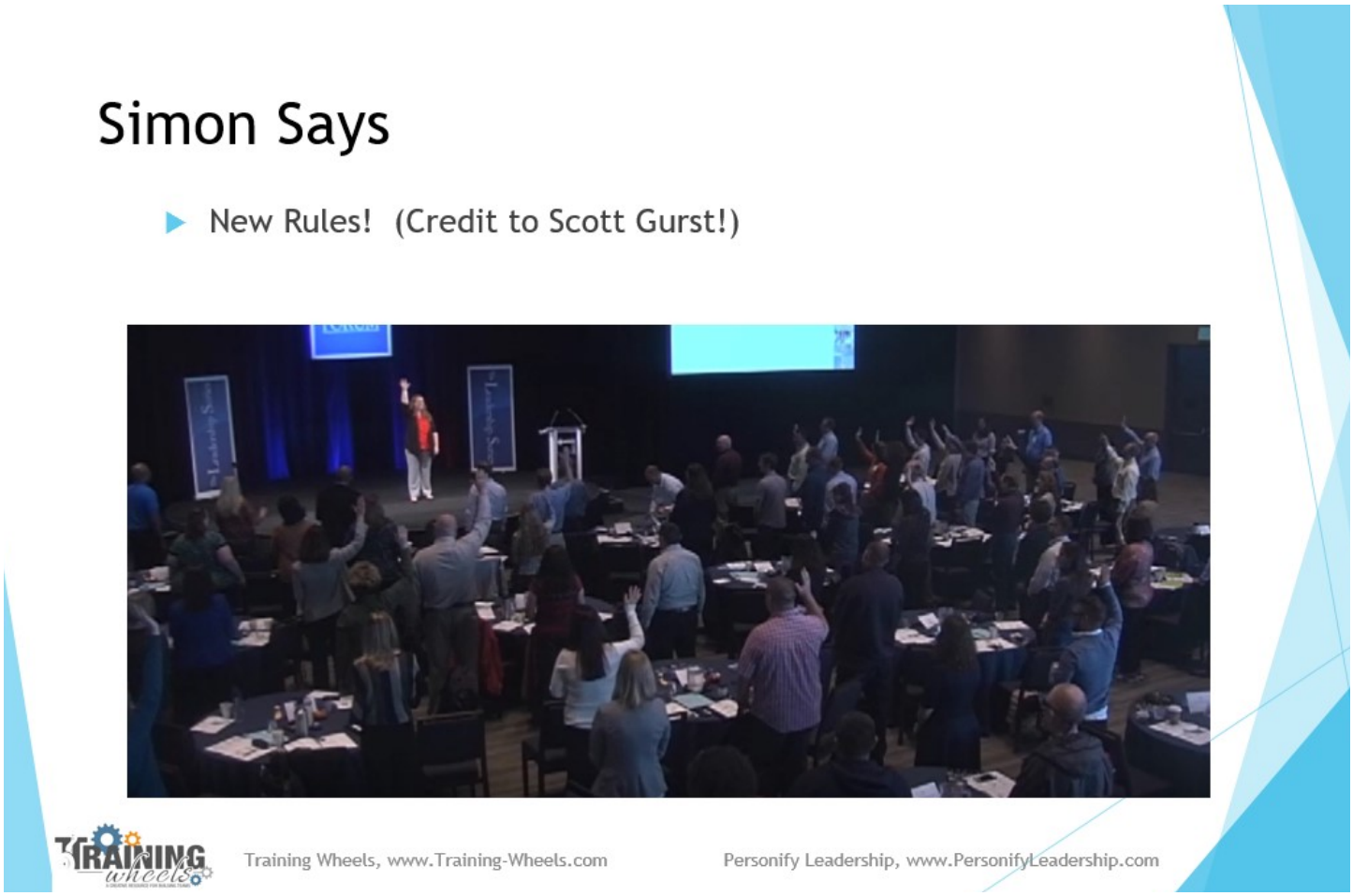
You also have the option of providing a prompter card to the group, or you can let them figure out their own process.

Facilitating the Experience

Obtaining the correct answer for this mystery in thirteen parts is the ultimate goal of the activity, but along the way, there are opportunities for additional teachable moments in group dynamics.
After completing the task, revisit the activity and discuss with the members of the group the following questions:

1. Did everyone have the opportunity to contribute to the success of the group?
2. Was each person in the group heard by the other members of the group?
3. Did a leader emerge during the completion of the task?
4. What skills were required to complete the task?
5. Was there a significant 'break through' moment when the solution became obvious?
6. If you were to repeat a similar task, what would you do differently the next time?
7. What advice would you give to another group working on a similar task?

You can also find this activity in the book *Teambuilding with Index Cards* (ISBN 978-1-5249-6498-6) by Jim Cain, available from www.training-wheels.com. This book contains many activities which can be presented in virtual space.



If you haven't played the NEW version of Simon Says yet then you are in for a treat! Our dear friend and fellow facilitator Scott Gurst came up with a few brilliant rule tweaks to this classic game. These tweaks took this activity from an elimination game to a teaching tool.

To adapt it for a virtual audience, make sure participants 'Pin' your video so they can see you well. They can participate sitting down or standing up, but we recommend standing. Follow the directions on the following few pages. Enjoy!

Simon Says

New rule tweaks created by Scott Gurst

Activity Directions:

- Have the participants stand in the middle of the room with at least an arm's length away from other participants. Stand at the front of the room facing the group.
- Ensure you are in a place where everyone will be able to see you and hear you, this is very important.
- First ask the group if there is anyone who does not know how to play the game of Simon Says.
- Simon will give commands, only follow the commands if the statement is prefaced by '*Simon Says*….' Ensure that everyone understands this basic principle.
- Explain that there are a few new rules.
- New Rule #1: No one is out, if you make a mistake just give yourself a point. Everyone will keep track of their own points in their head. In the old game of Simon Says, if you made a mistake you were out and you didn't have an opportunity to learn from your mistake. Flinching counts as a point.
- New Rule #2: The game begins when you say, "The game of Simon Says has officially begun." and ends when you say, "The game of Simon Says is officially over." The game will continue the entire time between those two statements. This is a very important rule to remember.
- Before you start the game, demonstrate the commands/positions you will do in the game, like put your left hand up, etc.

  Basic Motions:
  Both hands Up
  Right hand up/Right hand down
  Left hand up/Left hand down
  Clapping Position

- Start movement before you say motion.
  [Your hands are moving as you start to say "*Left hand up. Simon Says put your left hand up."]*
- Be an encouraging Simon.
- Example commands:
  "*OK, let's get started. Both hands up!* (usually there is at least one person that will make this first mistake.) *Not yet, that's OK. It's early in the game. Let's try that again. Both hands up!* (if no one makes the mistake again, say '*Good job! That's called learning*.) *Simon says put both hands up. Both hands down.*
  Simon Says both hands down….It's okay, you're not out. Keep playing.
  Right hand up.
  Simon says right hand up.
  Right hand down.
  SS right hand down.
  Left hand up.
  SS left hand up.
  Left hand down.
  SS Left hand down.
  (Then start over with both hands up.)
  Don't attack or single one participant out. Let them succeed.
- Play for around 8 minutes mixing up your commands. Watch the video for ideas for different phases.
- Don't forget to end the game with the statement "The game of Simon Says is officially over."

Simon Says

Facilitator script: "Please come and stand in the center of the room to hear the directions for our first game. You need to be at least an arm's length away from the person standing next to you. We're going to play a game called Simon Says. Is there anyone here who has not played the game of Simon Says? (Wait for a response, give basic rules if someone hasn't played before.) Well this is going to be a NEW version of Simon Says. The same basic principles still apply, but there are a few new rules. For example, if I say 'Left Hand Up!' you wouldn't do that, you would wait until you hear me say, 'Simon Says Left hand up.' So those basic rules are still the same. In the old version of Simon Says, what happened if you made a mistake? (Wait for a response.) You were out, right?! And then you had to take the walk of shame and you had to leave the game. Well in the old version, it didn't allow you to try and learn from your mistake and then try not to make the same mistake again. Well in the new version of Simon Says, we have changed to rules to help with that. Here is new rule #1. Nobody gets out, even if you make a mistake. What I want you to do though, is give yourself a point for every mistake that you make. Please be honest, no one really cares how many points you get. Everyone will keep track of their own points in their own mind. And flinching counts as a point. For example, if I say 'Right hand up!' and you flinch a little bit with your right hand, that counts as a point. Does anyone have any questions on New Rule #1? (Wait for responses.) OK, here is Rule #2: In a minute I'm going to start the game and I'm going to say, 'The game of Simon Says has officially begun.' The game will continue until you hear me say, 'The game of Simon Says is officially over.' The game will play the entire time in between those two statements. This is a very important rule to remember. Here is what I'm going to ask you to do during the game. (Demonstrate this.) 'Both hands up, both hands down, right hand up, right hand down, left hand up, left hand down.' Are there any questions before we begin?"

Sample Debriefing Topics/Questions:

- What did you like about this version of Simon Says compared to the old version?
- If you made a mistake, did you try and learn from it and then try not to make it again?
- Did anyone make a mistake because someone near you flinched or put their hand up when they shouldn't have? How is this like everyday life? This is an example of when you hang out with people who are routinely making mistakes, it can be easy to make mistakes right along with them.
- Assumptions when listening
- Anticipating what someone will say
- Learning styles, Communication styles, Leadership styles
- What happens when you don't do what you say? Walk the talk? Integrity – Do what you say
- Why is something so simple and basic so difficult?
- Keeping score – distracts people, adds to confusion, it's really not important. But are you making improvements?

We have two Simon Says videos on the Training Wheels Youtube Channel.

Simon Says as a Teaching Tool featuring Scott Gurst and Michelle Cummings teaching the basic elements of the game.

And one of Michelle leading a Keynote with a group.

Virtual Debriefing Activity

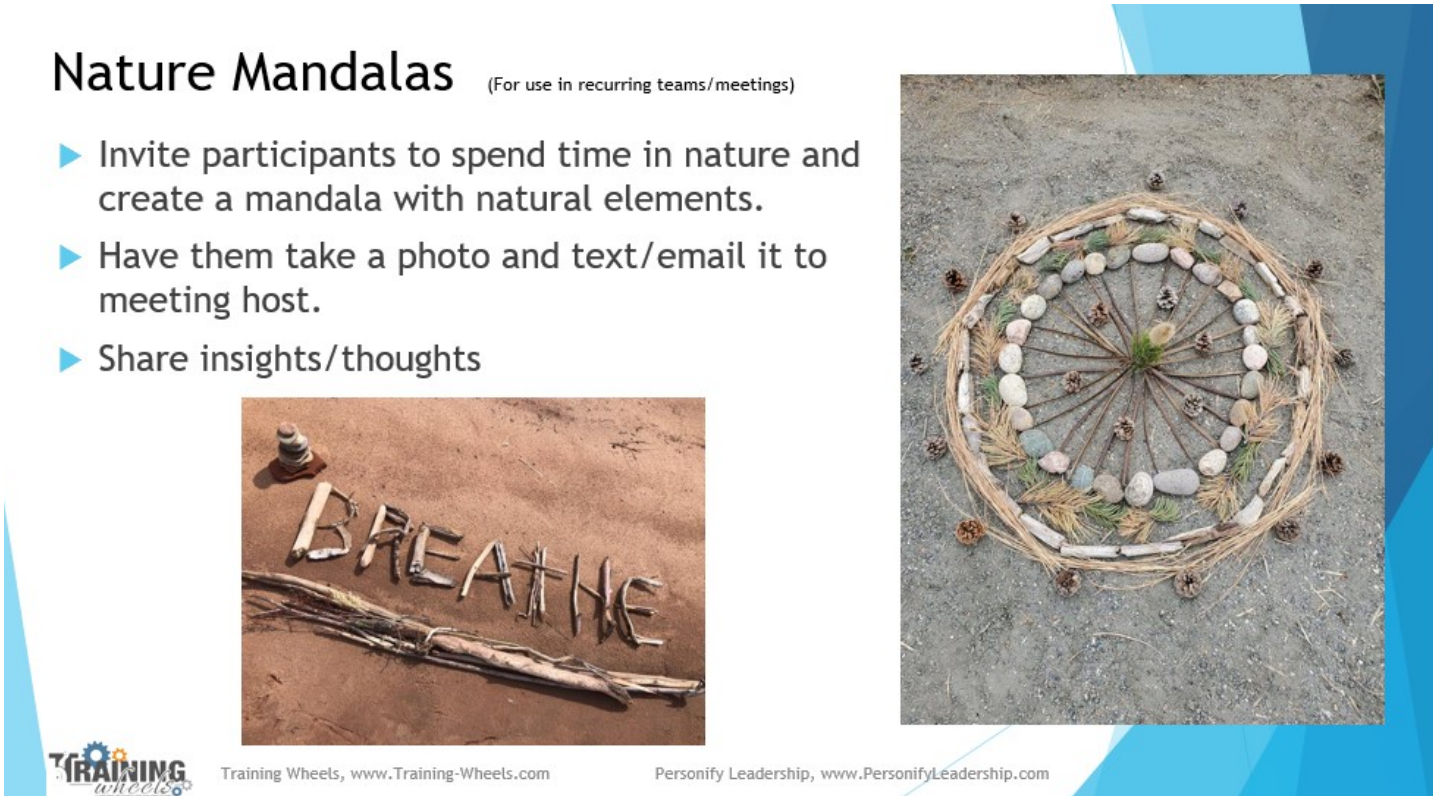
Nature Mandalas

Directions:

- This one works well with recurring meetings and intact teams.
- At the close of a meeting, invite participants to spend some time in nature and create some kind of art using found natural objects in nature. This could be pine needles, leaves, rocks, sticks, sand, seaweed, etc.
- Invite them to create a design or a 'mandala' and take a picture of their design.
- Ask them to text or email their photo to you.
- Add the photos to your slide deck.
- Invite participants to share their thoughts on their design, i.e. What inspired them? What were they thinking of when they created the design?

There is a lot of research that supports the health benefits of spending time outside and in nature. Invite participants to leave their design intact to inspire others that may come across it.

Check out Andy Goldsworthy's work with nature mandalas.



About Michelle Cummings

Michelle Cummings M.S. Bio

Owner/Trainer/Big Wheel
7095 South Garrison Street
Littleton, CO 80128
888-553-0147 phone
303-979-1708 phone
888-553-0146 fax
michelle@training-wheels.com
www.training-wheels.com

Michelle Cummings M.S. is the Big Wheel and founder of Training Wheels, a known leader in the Team Development industry. She is an accomplished author and sought-after speaker and consultant on leadership, teambuilding, and experiential learning. Michelle has created a wide variety of facilitation, debriefing and teambuilding activities that have collectively changed the way trainers and educators work. Michelle is also the co-founder and Chief Creative Officer for Personify Leadership, a leadership development company.

Michelle has delivered innovative leadership programs for hundreds of camps and non-profit organizations. Michelle works with professional associations, corporations, universities, and non-profit organizations throughout the world. Her online teambuilding gear site has over 350 different books, activities and kits dedicated to the teambuilding field.

Michelle speaks at more than 15 local, national, and international conferences each year and authors a monthly teambuilding newsletter called ***The Spokesperson*** that has over 20,000 subscribers in over 100 countries. Michelle Cummings has authored six books, 1. ***A Teachable Moment*** 2. ***Bouldering Games for Kids*** 3. ***Playing With a Full Deck*** 4. ***Setting the Conflict Compass*** 5. ***Facilitated Growth*** and 6. ***Tag, You're It.*** She has three new books coming out this year, 1. ***Team Building From the Toy Aisle*** 2. ***Table Top Team Building*** and 3. ***Storytelling as Experiential Education: Building Resilience, Leadership and Community***. She also designed a unique course for teaching new facilitators called **Experiential Facilitation 101**.

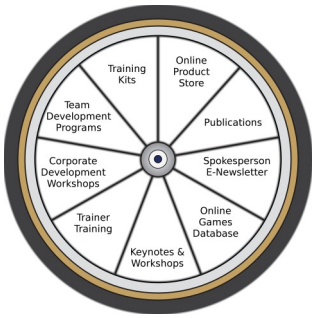
Michelle also write a novel called **The Reel Sisters,** a story about a group of women fly fishers that was released November 4, 2017.

Michelle received her Bachelor's degree in Psychology from Kansas State University and her Masters degree in Experiential Education from Minnesota State University at Mankato. Michelle currently lives in Littleton, CO with her husband, Paul, and two sons.

Sign up for Michelle's free games newsletter to receive updates on these titles and for free activities online at www.training-wheels.com.

Host a Training Wheels Workshop or Training Event

How to Host a Training Wheels Event



1. Select the Training Wheels Professional development Event of your choice.
2. Call our office, 888.553.0147.

Enjoy your organization's best-ever professional development event!

Processing & Debriefing Workshops
Need more to processing than sitting in a circle, asking questions, and talking about what happened? This workshop is designed to introduce you to a multitude of different processing tools that are simple and easy to use. You will learn how to make/do the activities yourself or find out where to get them. You can increase the quality and value of your programs through powerful reflective learning.

Staff Development & Train the Trainer Programs
We custom design this program to meet your unique needs. You choose the content that will best suit your group and we arrive onsite to deliver your best-ever professional development workshop.

Games Workshops
Need new tools for your trainer toolbox? Why not learn from one of the masters. Bring Michelle out to the location of your choice and spend a day filling your brain and your bag of tricks with new and innovative activities.

Experiential Toolbox Workshop
This workshop will be full of fun and learning, focusing on Icebreakers, Problem Solving activities, Facilitation Tips and Effective Debriefing.

Corporate Challenge
We custom design all of our corporate development programs. All programs delivered with an experiential philosophy. Please call with questions and pricing information.

Experiential Facilitation 101
This workshop is an introductory class for the team building facilitator. This three-day training provides an important first step in building the foundational skills necessary to lead experiential programs.

Keynotes & Conferences
Bring Michelle to your conference! We offer a lively, interactive approach to kick off or energize your meetings that will engage and invigorate your members! Not only will they enjoy themselves, but they will also learn a number of new tools and activities that they can immediately use in the workplace. All of our material is highly interactive and engaging. Attendees will be involved physically, intellectually, and mentally, with lots of opportunity for laughter and learning.