

## Team Cohesion Activity

**Objective:** To create greater team cohesion, trust and self-confidence. This activity would ideally be completed mid or late season after athletes have had a chance to get to know each other a bit.

**Supplies:** Large index cards, pens and a piece of masking tape for each member.

### Activity Rules:

- Members are to each have assistance taping their index card to their backs.
- Each member then needs to write on each other member's back, one positive quality or trait that they value and appreciate about that member (sports or non-sports related).
- Once all members have written on everyone's backs, ask the members to go sit quietly, alone and read their index card and reflect on what they are reading.

### Debrief Questions:

- What was this experience like for you?
- In what ways were you surprised to read what others noted about you?
- How could remembering these important notes about yourself help you when you are experiencing stress and disappointment in your sport? How about in your life?
- In what ways could remembering these strengths help increase your motivation level in your sport/activity?
- How does this activity make you closer/more cohesive as a team?
- How can you each remind each other of your strengths on a frequent basis?

**Main Take-Away:** For members to identify what they value about each other, leading to greater cohesiveness and for members to remind each other on a regular basis of their strengths. Additionally, each member may have a subsequent increase in self-confidence and motivation.

Members are encouraged to post their index cards somewhere they can see them daily.