

## Relationship Skills & Teamwork SEL Classroom Activities

According to the CASEL Framework, practicing teamwork and collaborative problem-solving can help students to “establish and maintain healthy and supportive relationships”. Learning to communicate clearly, listen actively and cooperate through simple team building activities will help students build relationship skills that will allow them to effectively navigate settings with diverse individuals and groups.

The members of **Christelle Durandy GWO-KAtet** worked as a team, learning together and supporting each other, to create a unique musical experience. There are many examples of teamwork that can be found all around us: in the arts, sports, on the playground and in the classroom!

Below are a few simple activities that can help your students build positive relationship and teamwork skills. **Have Fun!**

### Mirror Game

Using non-verbal communication, students learn to lead, follow and work together in this fun and challenging activity. Have your students get in pairs facing one another. Establish an “A” and “B” in each pair group. Allow the “A’s” to begin as the leaders, and the “B’s” to begin as the “mirrors”. The leaders will perform movements that the “mirrors” will follow, just like a mirror! The goal is for each pair to be as much like a mirror as possible. Switch leaders and “mirrors” after a few minutes.

After everyone has been a leader and a mirror (perhaps a few times or in different pair groups), ask the students what they discovered that helped make the most successful mirror pair. (Students may discover that slow, sustained movements are easier to follow than quick ones, and that maintaining eye contact and being aware of your partner may be helpful too.)



## The Human Knot

Divide your class into groups of 5 or 6 (you can experiment with larger or smaller groups in subsequent rounds). Have each group stand in a small circle facing toward the center. Have everyone extend one arm up, and then into the center of the circle, holding onto the first hand they come in contact with. Have each student extend their other arm up, and then into the center of the circle and hold onto the first hand they come into contact with.

Now, without letting go of hands, students must figure out how to untangle themselves. This will require teamwork, leadership skills, and creativity as they twist and unwind, stepping over limbs to untie this human knot.

After your students have untangled their knots, ask them what they learned and what were the most helpful things for completing this task.

\*Remember to establish agreements about physical safety and being mindful of others before beginning this activity.

View a quick tutorial [here](#).

## Common Thread

Divide students into groups of four and have them sit together as a small group. Give each group five minutes to chat among themselves and find something they all have in common. It could be that they all play soccer, or pizza is their favorite dinner, or they each have a kitten. Whatever the common thread, the conversation will help them get to know one another better. Check in with the groups after five minutes to see if they need more time. After each group has come up with their common element, have them work together to create a flag that represents it.

