

**Subject Area:** Collaborative Teamwork and Trust Building Exercises  
**Unit Title:** Building Trust and Teamwork Skills  
**Grade Level:** 7-8  
**Lesson Number:** 1 of 5

**Duration:** 45 minutes  
**Date:** March 10, 2023  
**Teacher:** Ms. Jane Smith  
**Room:** Room 101

## Curriculum Standards Alignment

### Content Standards:

- CCSS.ELA-Literacy.SL.7.1: Engage effectively in a range of collaborative discussions
- CCSS.ELA-Literacy.SL.7.2: Analyze the main ideas and supporting details presented in diverse media and formats

### Skills Standards:

- Communication
- Collaboration
- Problem-solving

### Cross-Curricular Links:

- Language Arts
- Mathematics
- Science

## Essential Questions & Big Ideas

### Essential Questions:

- What is the importance of trust in teamwork?
- How can we build trust with our peers?
- What are the benefits of collaborative teamwork?

### Enduring Understandings:

- Trust is the foundation of successful teamwork
- Effective communication is crucial for building trust
- Collaborative teamwork leads to better problem-solving and decision-making

## Student Context Analysis

**Class Profile:**

- Total Students: 25
- ELL Students: 5
- IEP/504 Plans: 3
- Gifted: 2

**Learning Styles Distribution:**

- Visual: 40%
- Auditory: 30%
- Kinesthetic: 30%

## Pre-Lesson Preparation

### Room Setup:

- Arrange desks in small groups
- Prepare materials for trust-building exercises

### Technology Needs:

- None

### Materials Preparation:

- Blindfolds
- Obstacle course materials

### Safety Considerations:

- Ensure students are aware of their surroundings during trust-building exercises

## Detailed Lesson Flow

### Introduction and Icebreaker (5 minutes)

- Introduce the topic of collaborative teamwork and trust building
- Lead a quick icebreaker activity to get students moving and interacting with each other

### Trust Building Exercise (10 minutes)

- Explain the concept of trust and its importance in building strong relationships
- Divide students into small groups and have them participate in a trust-building exercise

#### Engagement Strategies:

- Encourage active listening and open communication
- Provide feedback and guidance on effective communication skills

### Group Discussion (5 minutes)

- Have students gather in their groups to discuss their experiences and reflect on what they learned
- Provide guiding questions to facilitate the discussion

### Collaborative Problem-Solving (5 minutes)

- Presentation of a collaborative problem-solving activity
- Encourage students to communicate effectively, listen to each other's ideas, and build on each other's strengths

### Reflection and Debriefing (3 minutes)

- Lead a class discussion to reflect on the lesson
- Ask students to share their experiences, insights, and takeaways

### Conclusion and Wrap-Up (2 minutes)

- Summarize the key learning objectives

- Reinforce the importance of teamwork and trust in achieving collective success

## Differentiation & Support Strategies

### For Struggling Learners:

- Provide additional support and guidance during trust-building exercises
- Offer one-on-one assistance during collaborative problem-solving activities

### For Advanced Learners:

- Provide additional challenges and complexities during collaborative problem-solving activities
- Encourage them to take on leadership roles during group work

### ELL Support Strategies:

- Provide visual aids and graphic organizers to support understanding
- Offer one-on-one assistance during group work

### Social-Emotional Learning Integration:

- Encourage self-awareness and self-reflection during trust-building exercises
- Model and teach effective communication and conflict resolution skills

## Assessment & Feedback Plan

### Formative Assessment Strategies:

- Observations of student participation during group work
- Review of student reflections and self-assessments

### Success Criteria:

- Students demonstrate an understanding of the importance of trust in teamwork
- Students exhibit effective communication and collaboration skills during group work

### Feedback Methods:

- Verbal feedback during group work
- Written feedback on student reflections and self-assessments

## Homework & Extension Activities

### Homework Assignment:

Write a reflection essay on the importance of trust in teamwork and how it can be applied in real-life situations

### Extension Activities:

- Design and create a trust-building game or activity
- Research and present on a real-life example of successful teamwork and trust building

### Parent/Guardian Connection:

Encourage parents/guardians to ask their child about their experiences with trust-building exercises and collaborative teamwork

## Teacher Reflection Space

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### Pre-Lesson Reflection:

- What challenges do I anticipate?
- Which students might need extra support?
- What backup plans should I have ready?

### Post-Lesson Reflection:

- What went well?
- What would I change?
- Next steps for instruction?

## Guided Practice

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### Activity 1: Human Knot (15 minutes)

- Objective: To promote teamwork, communication, and problem-solving skills
- Instructions: Have students stand in a circle and put their hands in the center. Each student should grab the hand of someone across from them, not next to them. The students must then work together to untangle themselves without letting go of each other's hands
- Scaffolding Strategy: For students who may struggle with communication, provide a visual aid, such as a diagram, to help them understand the objective

### Activity 2: Trust Walk (15 minutes)

- Objective: To promote trust and communication skills
- Instructions: Divide students into pairs, with one student blindfolded and the other guiding them through a designated course. The guiding student must provide clear instructions and support to help their partner navigate the course
- Scaffolding Strategy: For students who may struggle with trust, provide a safety net, such as a spotter, to help them feel more secure

### Independent Practice

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#### **Beginner Activity: Teamwork Scavenger Hunt (15 minutes)**

- Instructions: Create a scavenger hunt that requires students to work in teams to find and complete tasks
- Success Criteria: Students will be able to demonstrate an understanding of teamwork and communication skills by completing the scavenger hunt tasks and reflecting on their experiences

#### **Intermediate Activity: Case Study (20 minutes)**

- Instructions: Provide students with a case study of a team that has demonstrated effective collaboration and trust building. Ask students to analyze the case study and identify the key factors that contributed to the team's success
- Success Criteria: Students will be able to demonstrate an understanding of teamwork and trust building concepts by identifying the key factors that contributed to the team's success and providing examples from the case study



### Assessment

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**Group Presentation:**

- Students will work in groups to create a presentation that showcases their understanding of collaborative teamwork and trust building

**Reflective Essay:**

- Students will write a reflective essay on their experience of working in a team and building trust with their peers

**Teamwork Observation:**

- The teacher will observe students working in teams on a task that requires collaboration and trust

**Peer Assessment:**

- Students will assess their peers' contribution to the team and their demonstration of trust and communication skills

## Conclusion

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In conclusion, collaborative teamwork and trust building exercises are essential for 13-year-old students to develop essential life skills, such as communication, problem-solving, and mutual respect. Through a series of engaging group work activities and trust-building exercises, students can learn to work together towards common goals, build trust, and understand the importance of teamwork in achieving success.

## Teaching Tips

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### **Establish Clear Expectations:**

- Before starting the lesson, establish clear expectations and guidelines for student behavior

### **Use Icebreaker Activities:**

- Use icebreaker activities, such as human knots or trust walks, to help students get to know each other and build trust

### **Encourage Active Listening:**

- Encourage active listening by having students paraphrase and summarize each other's ideas

### **Foster a Positive Classroom Environment:**

- Foster a positive classroom environment by promoting respect, empathy, and inclusivity

### **Provide Opportunities for Reflection:**

- Provide opportunities for students to reflect on their learning, such as through journaling, self-assessment, or class discussions

### **Be Flexible and Adaptable:**

- Be flexible and adaptable, and be willing to adjust the lesson plan as needed to meet the needs and interests of the students

## Key Takeaways

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### **Effective Communication is Crucial for Teamwork:**

- Students learned that effective communication is the foundation of successful teamwork

### **Trust is Built Through Mutual Respect and Support:**

- Students discovered that trust is built when team members show mutual respect, support, and empathy towards each other

### **Collaborative Problem-Solving Enhances Creativity and Innovation:**

- Students experienced the benefits of collaborative problem-solving, where they worked together to find creative solutions to challenges

### Reflection Questions

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How effectively did students demonstrate an understanding of the importance of trust in teamwork, and what strategies can be used to reinforce this concept in future lessons? What opportunities were provided for students to practice effective communication, and how can these opportunities be expanded or modified to better meet the needs of diverse learners? How can the lesson be adapted or modified to better meet the needs of students who may have struggled with the trust-building exercises or collaborative problem-solving activities, and what additional support or accommodations can be provided?

## Next Steps

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### **Lesson 2: Conflict Resolution and Negotiation Skills**

- In this lesson, students will learn essential conflict resolution and negotiation skills, including active listening, empathy, and effective communication

### **Lesson 3: Leadership and Decision-Making**

- In this lesson, students will explore the concepts of leadership and decision-making, including the different leadership styles, decision-making models, and the importance of inclusivity and diversity

### **Lesson 4: Project-Based Learning and Team Presentations**

- In this lesson, students will apply the skills and knowledge gained from the previous lessons to a project-based learning activity, working in teams to design, plan, and implement a project, and then presenting their findings and results to the class