

## Teaching Activities For SEED-SCALE

*Energy Example:* Hand out slips of paper. Write a large amount of the national currency on each. What to do—you do not have enough money to do the job before your community. How to make more? When money is the basis of getting a job done it is always limited. People do not want to share it. However, the money might be enough to start energy growing. Use the money to start energy. Pass the flame. Makes more energy.

*What is a process?* To be effective a process is something that is moving. Example of a bicycle. Standing bicycle is almost impossible to stay on. Moving bicycle can travel over bumpy roads, through mud, is easy to steer. Social change when moving will go through a great deal of difficulty. When communities are moving, there is confidence and they are easier to steer; suspicion and negativism are decreased.

*Bicycle as metaphor.* Two cycles turn in a bicycle, always repeating: front wheel is the evaluative criteria that are steering the direction; back wheel is 7 tasks that are giving the forward power to the direction. Driving the wheels in social change are three legs (community, change agents, and regulatory agencies)—not two legs as on a real bicycle. How does a bicycle steer? Turn handlebars? Very little of that type of changing of direction is done, when slow or difficult terrain. Mostly steering is by subtle shifting weight, role reallocation.

*Concept of Synergy.* Athletic team. Each one doing its part. The captain is mostly used to start the game and to claim the prize at the end. During the game the direction comes from the whole team—whomever has the ball at any time is the one controlling the action and giving the direction. Leadership is shared. Leadership changes depending on what needs to be done.

### *3-Way Partnership:*

#### Option #1: Pushing chairs

Community pushing its chair—wherever it might go

Government pushing its chair—wherever it might go

Mostly community and government are going in random directions to each other. But sometimes the two can get into confrontation—two chairs meet.

If there are always three chairs moving—there will never be confrontation, the three-way balance is always opening option.

If the three are pushing in the same direction—they are always moving forward together.

#### Option #2: Candle in bottle

Burn candle in upside down glass: goes out (lack of enabling environment)

Community is candle with Bottom-up energy

Can community get along without the bottle? (water come down, corruption/ greed; strong wind blow from side, globalization) Community flame needs protection, i.e. bottle

If the community has too much protection, the candle goes out; it needs Outside-in new air for stimulation, new oxygen.

### Option #3: Tripod

Three sticks: community, government, change agent

Tie together: very stable; even stable when one is very different length

*Building from Success.* Stack up a tower, each one grows higher. Compared to critiquing and tearing tower down

### *Role of Perspective:*

#### Option #1:

Look at a block that is painted a different color on each side. Depending on the perspective you look, you will say it is that color—this is the very different way that community change appears to government, NGO, and citizens. Each is true.

#### Option #2:

Take SEED-SCALE book. Hold pointing at person all they see is the end: “What is this about?” Totally not understandable to person. For a person looking at spine they can gather a little bit about the book. For person looking down they understand even more.

### *Games to Have Fun & Empower*

#1: Community Working Together: Arms reaching across

#2: Community Supporting Each Other: Sitting on Knees

#3: Leadership vs Walking forward together: ropes around waist

#4: Leader learning to trust Community: trust fall

#5: Support each other: tire on tree, going over wall

#6 Evidence based decisionmaking—tell around circle

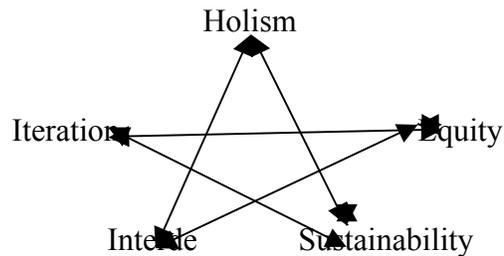
### *Building the Bridge While Walking on It:*

A community is on one side of river, want to cross. Only thing to build with is empty 55 gallon drums that donors once sent aid in. If you put drums into river, flow downstream. Create a bridge with nothing else but your people. Hand out paper as the drums.

*Tipping Point*—going uphill, suddenly change is going downhill. What happens?

Working against a force, (greed and globalization pulling back) then an energy force is working with you (have enabling environment). Threshold is passed.

## Five Criteria Star



## Resonance

Is a process to take sound waves and get an amplification of energy

## Energy

Mobilizes energy by reflection and partial transmission

|                                    |   |
|------------------------------------|---|
| <a href="#">Helium Stick</a>       | Deceptively simple teamwork activity. Form two lines facing each other. Lay a long, thin rod on group's index fingers. Goal: Lower to ground. Reality: It goes up!  |
| <a href="#">Toxic Waste</a>        | A popular, engaging small group activity. Equipped with a bungee cord and rope, a group must work out how to transport a bucket of "Toxic Waste" and tip it into the neutralization bucket. Can be used to highlight any almost aspect of teamwork or leadership.   |
| <a href="#">Mine Field</a>         | Objects are scattered in an indoor or outdoor place. In pairs, one person verbally guides his/her partner, a blindfolded person, through the minefield.   |
| <a href="#">Zoom</a>               | A group tries to create a unified story from a set of sequential pictures. The pictures are randomly ordered and handed out. Each person has a picture but cannot show it to others. Requires patience, communication, and trying to understand from another's point of view in order to recreate the story's sequence. |
| <a href="#">All Aboard!</a>        | A classic teambuilding activity in which a group is challenged to physically support one another in an endeavor to occupy an ever diminishing space.  |
| <a href="#">Survival Scenarios</a> | "Your plane crashed...your group needs to   |

choose the 12 most useful items to survive..."

### [Balloon Activities](#)

Group activities that can be done with balloons. Promotes gentle, fun physical movement, people getting to know one another, trust and working together.

### [Great Egg Drop](#)

Small groups design an egg package to save an egg from breaking when dropped. Plus a 30 second jingle to sell their package. Followed by the Great Egg Drop-Off.

### [Warp Speed](#)

A team building exercise based on the icebreaker "[Group Juggle](#)". Groups are challenged to juggle as fast as possible. Invite group to "tender" a time they can deliver.

### [Multi-Way Tug-of-War](#)

Fun, physically demanding, competitive team activity. Several teams pull against each other, requiring communication and tactics as well as strength to outmanoeuvre and win.

### [Amoeba Race](#)

A simple, close physical contact group cooperation activity. The group forms the three parts of an Amoeba: protoplasm, cell wall and nucleus. Then the group travels, splits into two amoebas, and the amoeba have a race.

### [Group Mandala](#)

Group dynamics exercise. Each person is represented by an object. The objects are "caste" like dice and group members share their feelings and re-arrange the objects.

### [Create Your Own Group Activity](#)

Involves small groups in designing and presenting a new group activity. A challenging exercise which requires all the elements of teamwork - communication, goal-setting, planning, cooperation, creativity, task orientation, etc.

### Team Building Quotes

In small groups, set the challenge of creating the most inspirational team building quote in a set amount of time, e.g., 10 minutes. Each team reads out their quote and teams vote on the best quote. At the end of the activity, hand out some other [Team Building Quotes](#).

[More Team Building Activity Descriptions](#)

[Free Team Building Activities](#)

[Team Building Activity Description Websites](#)

Links to 15 more descriptions of different team building activities from various sites.

Links to 1000s more free team building activity descriptions on the web.

Websites which have free descriptions of team building activities. Includes review of top 10 "team building exercise" sites on google.