

Leo Advancement Sessions

Team Building Activities



ACTIVITY LIST

Title	Function	Time	Language	Hand-out	Page
Icebreakers for large groups (35 people or more)					
1	About Me	Participants find the correct person in the group to whom the information on their card belongs.	20 min	Same	✓ 2
2	Getting To Know You	Participants circulate around the room and write the names of others who fit the criteria on a handout.	20 min	Same	✓ 3
3	I Spy	Participants search for other people who match visual criteria provided on a handout.	20 min	Mixed	✓ 5
Small Group Icebreakers (Less Than 35 people)					
1	Name by Name	Participants arrange themselves into a large circle ordered by their first names.	10 min	Same	 7
2	Pot Luck	Participants introduce themselves with a question pulled from a hat.	30 min	Same	 8
3	Search and Discover	Participants find the person to whom institute materials belong and can form small groups.	20 min	Mixed	 9
4	Where do you Live?	Participants arrange themselves around the room to represent where they live in relationship to the Institute location.	30 min	Same	 10
Energizers					
1	Choose Sides	Participants move to either side of the room based on their answers to facilitator questions	10 min	Same	 11
2	Living Timeline	Participants mingle then create a timeline of Lion History using handouts provided by instructors.	30 min	Same	 13
3	Who’s in Charge?	A participant standing in the center of the circle must discover which of the other players is leading a group activity.	10 min	Mixed	 16
Opener					
1	Magical Steps	Participants work as a team to move from point A to point B. This activity requires a large area.	55-60 min	Same	 18

ABOUT ME

SUMMARY

This is an icebreaker involving written introductions and finding the correct person in the group.

OBJECTIVE

Ice Breaker – Mixer/Introductions

TIME

20 minutes

APPROPRIATE GROUP SIZE

20-75 participants

(This activity is best suited for a single language group.)

MATERIALS

1 blank card per participant

1 pen or pencil per participant

Plenty of space

PROCEDURES

1. Ask participants to write down 3-5 facts about themselves on one index card:
Example Facts:
 - What year did you become a Leo?
 - What is your club name?
 - When and where does your Leo Club meet?
 - What is your district?
2. Shuffle and distribute the cards (each participant should now have 1 card written by someone else)
3. Ask the Participants to stand up and introduce themselves to others until they find the person who matches the card they are carrying.
4. When everyone has found their partner ask them to sit down.
5. **Option:** Time permitting you may have participants use more than one card for step one. Participants will then need to find multiple people.

GETTING TO KNOW YOU

SUMMARY

This activity has the participants circulate throughout the room and write the names of other participants who fit the criteria listed in the “Getting to Know You” worksheet.

OBJECTIVE

Ice Breaker – Mixer/Introductions

TIME

20 minutes

APPROPRIATE GROUP SIZE

10-75 participants

(This activity is best suited for single language group.)

MATERIALS

“Getting to Know You” worksheet

PROCEDURE

1. Make sure each participant has the “GETTING TO KNOW YOU” worksheet.
2. Have the participants find other participants who match the criteria on the worksheet.
3. Write down that person’s name.
4. When the participants are finished have them sit down.

GETTING TO KNOW YOU

Directions: Circulate throughout the room and write the names of your fellow Leos who fit the following criteria. You may not use the same person for more than one answer.

FIND SOMEONE WHO . . .	NAME
1. Has been a Leo the same number of years as you.	
2. Is a Club Secretary.	
3. Has led a service activity for their club.	
4. Wants to be club president next year.	
5. Has had a life changing experience from being a Leo.	
6. Has attended a Leo Forum in their Constitutional Area.	
7. Has visited www.lionsclubs.org .	
8. Has been to an International Convention.	
9. Has been a Leo for more than five years.	
10. Has a Leo Meeting the same day as you.	

I SPY

SUMMARY

This activity has the participants searching for other participants who match visual criteria provided on the “I SPY” worksheet.

OBJECTIVE

Ice Breaker – Mixer/Introductions

TIME

10-15 minutes

APPROPRIATE GROUP SIZE

10-75 participants

(This activity can be conducted in a multilingual setting. Extra time should be taken to give directions to all participants in their native language.)

MATERIALS

“I SPY” worksheet

PROCEDURE

1. Make sure each participant has the “I SPY” worksheet.
2. Have the participants find other participants who match the criteria on the worksheet.
3. When the participants are finished have them sit down.

I SPY

DIRECTIONS: Please identify five different participants described below. They should all come from different countries. Write the name and country of each participant on this form.

	NAME	COUNTRY
1. Identify one participant who is the same height as you.		
2. Identify one participant who has the same color clothing as you.		
3. Identify one participant who is wearing a Leo pin.		
4. Identify one participant who is wearing a watch or a piece of jewelry.		
5. Identify one participant who lives in a different country than you.		

NAME BY NAME

SUMMARY

This activity is appropriate for a group that doesn't know each other.

OBJECTIVE

Ice Breaker –Introductions

TIME

10-15 minutes

APPROPRIATE GROUP SIZE

Up to 35 participants

(This activity is best suited for a single language group.)

MATERIALS

None

PROCEDURE

Instructor Note: This activity needs to be conducted in an open space inside or outside.

1. If participants are wearing nametags, ask them to remove them prior to this activity.
2. Inform participants that you have an activity that will help them quickly learn and remember the names of their fellow institute participants.
3. Ask participants to stand in a circle and give them the following instructions:
 - Starting with me we will each share our first name with the group by yelling it loudly so that everyone can hear.
 - If you can't hear another person's name, shout REPEAT! In a loud voice.
 - If you are asked to repeat, shout your name again, only louder.
 - Any questions?
4. After all, names have been said, announce the following challenge:
 - Now that you know everybody's name, your challenge is to rearrange yourselves so that the circle is alphabetical by first name.
 - No talking, no signing or gesturing, no showing ID cards, etc.
 - Helpful pointing or repositioning is allowed.
 - Once the group has moved and the circle is reformed, end Round One.
5. Ask the participants to say their names again checking to see if they successfully met their challenge.
6. If participants are out of sequence, allow the group a second round, and so forth. (According to our sources most groups are able to meet the challenge within 4 rounds!).

POT LUCK

SUMMARY

This is an activity requiring participants to introduce themselves with a question pulled from a hat.

OBJECTIVE

Icebreaker - Introduction

TIME

20 minutes

APPROPRIATE GROUP SIZE

10-30 participants

(This activity is best suited for a single language group.)

MATERIALS

Questions on individual cards or slips of paper all mixed in a hat.

PROCEDURE

1. Place cards/slips of paper with questions like the following in a hat or box. (Make sure there is at least 1 for each participant)
 - What is the image that your club has in its community?
 - Describe a change you would like to make in your club?
 - What should your club be doing differently?
 - What is your biggest achievement as a Leo?
 - Who is your ideal person and what do you have in common?
 - What would your name be if you had chosen it?
 - What type of person annoys you most and why?
 - Who would you take to a desert island?
 - What is one thing you would like to change about yourself?
 - What is one thing you would never change about yourself?
 - What vacation spot would you recommend and why?
 - What would you want your epitaph to be?
 - What is your favorite charity?
 - What is your favorite part of being a Leo?
 - What has been your favorite Leo service event?
 - Describe your ideal house?
 - What songs would you sing as a professional singer?
 - What talent would you like to have?
 - Where would you like to attend another institute and why?
 - What is so special about your best friend?
2. Have each participant come to the front of the group, state his or her name, pull a question and answer it.

Source: Rohnke, Karl. Quicksilver. Dubuque, Iowa: Kendall/Hunt Publishing Company, 1995. Pgs. 172-174.

SEARCH AND DISCOVER

SUMMARY

This is an activity requiring participants to find the person to whom institute materials belong.

OBJECTIVE

Ice Breaker – Mixer/Introductions

TIME

About 20 minutes, depending on the punctuality of participants.

APPROPRIATE GROUP SIZE

10-75 participants

(This activity can be conducted in a multilingual setting. Extra time should be taken to give directions to all participants in their native language.)

MATERIALS

Folders or packets of institute materials for participants clearly labeled with their names.

PROCEDURE

1. As the participants enter the room, give each a folder or packet *that does not belong to him or her*.
2. Ask the participants to mingle around the room and find the person to whom the folder or packet belongs and introduce yourselves to each other.
3. When all participants have their own folder, begin the institute.

SOURCE: (Kirby, Andy), A Compendium of Icebreakers Energizers, & Introductions. HRD Press, Amherst. 1992

WHERE DO YOU LIVE?

SUMMARY

This is an activity based on geographical proximity and requires a large amount of space.

OBJECTIVE

Ice Breaker – Mixer/Introductions

TIME

10-15 minutes

APPROPRIATE GROUP SIZE

10-75 participants

(This activity can be conducted in a multilingual setting. Extra time should be taken to give directions to all participants in their native language.)

MATERIALS

None

PROCEDURE

Instructor Note: This activity needs to be conducted in an open space inside or outside.

1. Place yourself or an object that represents the location of the institute in the middle of the room. State that it represents the location of the institute and indicate that a certain direction represents North.
2. Ask participants to position themselves anywhere in the room depending on where they live with respect to the location of the institute and the compass direction you have set. Do not offer any guidance as to scale.
3. Ask participants to speak to the nearest person and tell some personal details, including:
 - The location of his/her home
 - Name of their home club
 - A personal detail, such as family, hobbies, pets, etc.

SOURCE: (Kirby, Andy), A Compendium of Icebreakers Energizers, & Introductions. HRD Press, Amherst. 1992

CHOOSE SIDES

SUMMARY

This is a self-disclosure exercise that involves participants selecting sides. Participants move to either side of the room based on their answers to the facilitator's questions. This activity would be appropriate after an initial introduction or icebreaker.

OBJECTIVE

Warm-up/Energizer activity

TIME

10 minutes

APPROPRIATE GROUP SIZE

Up to 100 participants (For larger groups you may want to use a microphone.)

MATERIALS

None

PROCEDURE

Instructor Note: This activity needs to be conducted in an open space inside or outside.

1. Ask participants to stand in the middle of the room.
2. Give participants the following instructions:
 - In a minute I will begin to ask questions that will help us learn a little about each other.
 - Every question will have two answers representing two extremes. I will let you know what answer is represented on the right side of the room and the left side of the room after asking the question.
 - After I ask a question and reveal the two extremes pick the one that best suits you and move to the appropriate side of the room or stay in the middle if that suits you better.
 - Any questions?
3. Ask the following questions. Feel free to change extremes and add other questions to suit your facilitation style and the character of your group.

QUESTION	RIGHT SIDE OF ROOM	LEFT SIDE OF ROOM
What type of person are you?	Morning Person	Night Person
Where would you rather go for vacation?	The Beach	The Mountains
How hungry are you?	Starving	Full
If you were famous, who would you rather be?	Madonna	Helen Keller
Would you rather drink...?	Decaffeinated Beverages	Caffeinated Beverages
Do you have a pet?	Yes	No
What is your dominant hand?	Right-handed	Left-Handed
Which eye do you tend to wink with?	Right	Left
Do you pick up coins from the ground or ignore them?	Pick up	Ignore
Do you wear a seatbelt?	Yes	No
When you open an envelope, do you use a ...?	Letter opener.	Tear it open.
How long have you been a Leo?	Less than __ year	More than __ years
How many hours do you devote to your Leo club each month?	Less than 10 hours	More than 10 hours
Would you rather have more...?	Time	Money
Do you believe that leadership skills are...?	Something you're born with	Something that you can develop
How do you feel about being at this Institute?	Apprehensive	Excited

LIVING TIMELINE

SUMMARY

This activity allows participants to mingle as well as learn about important dates in Lions Clubs International History.

OBJECTIVE

Warm-up activity /Energizer

TIME

30 minutes

APPROPRIATE GROUP SIZE

Up to 30 participants (For larger groups you may want to use a microphone.)

MATERIALS

Timeline handouts (30 sheets with one historical event on each)

PROCEDURE

Instructor Note: This activity needs to be conducted in an open space inside or outside.

1. Give each participant a timeline handout.
2. Give the participants the following instructions:
 1. The handout you have is a significant date in Lions Clubs International history.
 2. Your goal is to line-up in correct order to form a Lions Clubs International History Timeline.
 3. Once you think you are in the correct order you will each read your information.
 4. Any questions?
 5. **Instructor Note:** Denote one end of the room as 1917 and the other as the current year.
3. Allow the participants 5-7 minutes to lineup. Assist as necessary.
4. Ask participants to read their information to the group.
5. Time permitting, you may wish to debrief the activity using the following questions:
 - Did you learn anything new?
 - How does knowing the history of Lions Clubs International affect you? Your club?
 - Why is knowing Lions Clubs International history important?

Historical Events List

1917, June 7

Meeting in LaSalle Hotel, Chicago.

Aim: to create an association for humanitarian service.

Organizer: Melvin Jones, secretary of Chicago Business Circle. Invites several organizations to join.

1917, October 8-9-10

First convention in Dallas. 22 clubs represented. Constitution adopted.

LIONS accepted as a name.

Objects and Code of Ethics drafted.

Dr. William Woods elected first president.

Guiding principle since 1917:

“No club shall by its bylaws, constitution or otherwise hold out the financial betterment of its members as its objects.”

The Association becomes International

The first club outside the USA is organized in 1920 in Windsor, Ontario, Canada.

1919 Chicago convention. Slogan--

Liberty

Intelligence

Our

Nation's

Safety

Actual emblem adopted from Rosa Bonheur's painting in 1920.

1925, a new challenge for Lions

Helen Keller asks the Lions to become the “Knights of the Blind”! Since then sight-related activities are a focus point for Lions.

Lions continues its expansion

1927 First club in Mexico

On the tenth anniversary

2,200 clubs, 80,000 members

1928, New Headquarters

Until 1928 Melvin Jones's office in Chicago was used as headquarters.

Current headquarters in Oak Brook, Illinois, USA was established in 1971.

1937, Chicago Convention

Clubs urged to observe January as Founders and Rededication month. January 13 is Melvin Jones's birthday! This tradition continues today.

1945, Lions involvement in UN

Lions are actively involved in the organization of the San Francisco Conference.

1948, First Clubs in Europe

Stockholm, Sweden - Followed a few days later by Geneva, Switzerland

1954, New York convention

The motto, WE SERVE, is adopted.

1961, The Passing of a Legend

June 1: Melvin Jones passed away

New dimensions for the Association

1967 Leo Clubs officially recognized as a Lions program

1968 Lions Clubs International Foundation established

1972 Membership reaches one million

1975 Lioness Clubs officially recognized as a Lions program

A historical development

In **1987**, at the Convention in Taipei, the constitutional amendment allowing **women** to become Lions is adopted.

In **1988**, the Lions International Peace Poster Contest was launched.

On April 12, **1996**, the **5,000th Leo club joined the association**. The club was from Colombia, South America.

In **1990**, **Lions Clubs International Foundation launched SightFirst**, a US\$143.5 million global initiative to fight preventable and reversible blindness. SightFirst has provided more than 2.2 million cataract surgeries. SightFirst-Annually treats more than 4 million people for river blindness.

In **1994**, SightFirst established **the Lions Eye Health Program (LEHP)** to inform people in developed countries about glaucoma and diabetic eye disease.

1999. Five-year blindness prevention program established for the People's Republic of China. Partners for Sight with President Jimmy Carter— In 1999, Lions set up a partnership with the Carter Center in Atlanta, Georgia to eradicate river blindness and trachoma.

From **July 2014 - June 2018**, Lions completed Centennial Community Legacy Projects for the betterment of their communities and to create a visible and lasting Lions legacy.

In **2015-16** Lions Clubs International introduced LCI Forward; a five-year strategic plan to increase our service impact to **200 million** people per year by 2020-21.

In **June 2017**, Lions celebrated the 100th anniversary in Chicago, Illinois, USA.

2018 marked the **50th** anniversary of Lions Clubs International Foundation.

In **2018-19**, Lions elected the **first female International President, Gudrun Yngvadottir**.

WHO'S IN CHARGE HERE?

SUMMARY

A participant standing in the center of the circle must discover which of the other players is leading a group activity.

OBJECTIVE

Warm-up/ Energizer

TIME

10 minutes

APPROPRIATE GROUP SIZE

20-30 participants

This activity can be done with any number of languages.

(Allow more time to translate the directions into each of the languages)

MATERIALS

None

PROCEDURE

1. Arrange the participants in circle either sitting or standing.
2. Choose a volunteer as Participant 1, and have that person stand in the center of the circle.
3. Give the following instructions:
 - Participant 1, when I say so, close your eyes.
 - While your eyes are closed, I will select a leader, Participant 2, from the participants in the circle by pointing to that person. Participant 2 will acknowledge acceptance by nodding.
 - Participant 2, as a leader, your job is to guide the other participants through a series of motions.
 - You will do this without speaking, by demonstrating what you'd like the rest of the group to do. For example, clap your hands, scratch your hands, and rub your stomach.
 - The goal is to keep changing the actions while preventing Participant 1 from determining who is in charge.
 - Participant 2, you may change actions at any time, even when Participant 1 is looking at you.
 - The rest of you should continue the action until you see anyone change the action. Then, quickly and smoothly start the new action.
 - You do not have to look at Participant 2. You can look at any participant. When you see any participant change actions, you will know that the leader has initiated that change.
 - The game will continue until Participant 1 either discovers whom the leader is or makes a wrong guess. If Participant 1 picks the correct person, Participant 2 comes into the center for

the next round. If Participant 1 chooses incorrectly, two different participants will be chosen for the next game.

4. Begin the activity and continue for as many times as you like.

DEBRIEF

- To the participants in the center:
 - ❖ How did you distinguish the leader from the followers?
 - ❖ Did you change strategies during the game? If so, what prompted these changes?
 - ❖ How did you feel during the activity?
- To the action leaders (Participant 2):
 - ❖ As the person in charge, what did you do to keep Participant 1 from discovering you?
- To the other participants:
 - ❖ How did you follow the motion while keeping Participant 1 from discovering the leader?
 - ❖ How did it feel to be part of this group working together on an enjoyable task?

MAGICAL STEPS

SUMMARY:

At the end of this activity, participants will have a better understanding of qualities needed for leadership and team effectiveness.

The basic set up here is getting from point A to point B without touching the ground in between. People are assembled at point A, given one prop less than their number. (i.e. 9 people get 8 wooden boards) and told to arrive safely with the entire team at point B.

OBJECTIVE

Opener

TIME

55-60 minutes

APPROPRIATE GROUP SIZE

30-40 participants divided into two groups of 15-20 people

This activity works best with 4 –15 actually participating in the activity. Other participants can be used as silent observers. The larger the group doing the activity the more space needed.

(This activity is best suited for a single language group.)

MATERIALS

Two ropes or tape for identifying the river's edge.

One prop per person participating in the activity:

- wooden boards (approx 18" in length) OR
- carpet squares OR
- cardboard pieces

PROCEDURES

STEP 1: Setting up the props and the boundaries.

1. Set up the magical steps before the session by placing a piece of tape across each board.
2. Write a leadership quality on each board.
3. Set the boundaries. Generally, it makes sense to set the boundaries far enough apart so that the group will need to recycle some of their props in order to cross the gap. I usually lay the props out in a straight line from boundary A, then add 3-5 feet of open space before placing boundary B. This spacing requires the group to work together to use their props, using some of the materials two times to be successful.

STEP 2: Select the players

1. Divide your group into smaller groups of 15-20 participants.
2. Determine the participants who will be the players.
 - Ask people to raise their hand if they would like to volunteer to be a player in this activity. You may wish to explain that to be a player requires some physical ability such as reaching and bending. Explain that participants who don't volunteer will have a role.
 - Note: the number of magical steps that have been created for the activity determines the number of players. You can select one more player than steps available. For example, if you have 10 steps you may select 11 volunteers. If you have less than 11 volunteers the team will be asked to eliminate steps in the next part of this procedure.
3. Thank people for volunteering and brief the observers.
 - If you were not selected as a player your role is observer. During the activity, you may not talk, point or motion. However, you should watch the interactions of the players and be ready to describe the interaction that took place.

STEP 3: Narration & Player Guidelines

1. Share the following narration with the players: (Feel free to create your own narration.)
 - "You are a tribe of followers in the land of yesterday and your leader has taken the only boat (a one man boat) across the river of opportunity to the land of tomorrow. Your leader told you that the land of tomorrow, although unknown, will offer each of you great prosperity, successes and wealth beyond your wildest of dreams. Your leader has left you magical steps that will allow you to cross the river of opportunity. (Introduce the titles of the steps.) However, there are some guidelines you must follow."

GUIDELINES

- Your tribe will be allowed x number of steps. You will select your steps in a moment.
 - You must keep a hold of the steps at all times. If you lose touch even for a second it will be swallowed by the river.
 - You must get all tribe members across the river, as each of you have special skills and talent needed in the land of tomorrow.
 - If anyone on the team “touches or falls into” the river the team will be sent back to the land of yesterday.
 - You can only move forward.
 - Concern for participants’ safety is a must at all times. If the team’s safety is compromised the team will be sent back to the land of yesterday.
 - You will have 15 minutes to take your journey. (You may shorten or lengthen this time depending on your circumstances.)
2. Ask the group to take 2 minutes to select which magical steps they will take on their journey. (Remember they are allowed one less step than the total number of players. For example 10 players = 9 steps.)
 3. You may wish to take notes during their planning times and share your observations during the debrief.
 4. Tell the players:
 - “You will now have 3-5 minutes to plan your journey. Any questions?”
 5. Give the team 3 minutes to plan. Make note of your observations. After 3 minutes has expired ask the team if they desire to use the last two minutes.
 6. Proceed with the activity when the planning time has expired.

STEP 4: During the activity:

1. Ask the group to start moving to the land of tomorrow. Watch to make certain that safety isn’t compromised. If the group is about to embark on an unsafe step stop them.
2. If anyone in the group loses touch of a magical step take it away.
3. In some cases, you may have to start a group over.
4. You may wish to take notes during their journey and share your observations during the debrief.

STEP 5: Debrief***Option 1:***

1. Congratulate the group on their efforts and use the following questions to debrief the groups' experience. You may wish to start or end the question time with your observations.
 - What effect did the labels on the boards have?
 - Why did you want to go across the river?
 - What if your leader did not give you a vision of the land of tomorrow? Would you have gone?
 - What could the leader have done to make it easier to cross to the land of tomorrow? (Build a bridge).
 - Why do you think your leader went first?
 - Did anyone think staying in the land of yesterday would have been ok?
 - Did your planning time help you?
 - How did changes midstream in the plan hurt or help the team?
 - What were some of the effective forms of communications that you used?
 - What role did trust play?
 - Who surfaced as the best group supporter or cheerleader? Why did they do that? How did it help or hinder the group?
 - Who assumed leadership roles during the activity? Why?
 - What were the behaviors that you would describe as demonstrating leadership?
 - Was it difficult to assume a leadership role in this group? Why?
 - What are the characteristics and qualities of a good leader?
 - How did the group treat someone who brought new or different ideas up during planning or during the course of crossing the river?
 - Did you all embrace the leader's vision? (Yes or no)

Option 2:

1. Give each person a magic step. Ask the following question.
 - Did you see these qualities used by anyone on the team?
 - How did it help the team?
 - How is this quality important to Leo leadership?
2. Share your observations.