



More Team Building Challenges

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Looking for ways to challenge participants, promote teamwork, and initiate problem-solving methods? *More Team Building Challenges* has 15 fun activities to help your students build self-confidence and improve interpersonal relationships. The book gives you specific techniques and strategies to enhance your program and incorporate problem-solving activities into your curriculum.

The 15 activities in *More Team Building Challenges* encourage participants to interact verbally and physically, struggle, deal with failure, persevere, and work together to master problems. In the process, your students will learn to value teamwork and appreciate individual differences, practice leadership skills, and improve listening skills.

Chapters 1 and 2 describe team building and tell you how to praise and encourage kids and teach them to carry out specific roles on a team. As a leader, you'll learn:

- the importance of incorporating problem-solving activities into physical education;
- how to organize the challenges in your curriculum;
- how to assign specific roles; and
- how to adapt games for special children and situations.

Your students will learn:

- how to overcome temporary failure by reorganizing and renewing efforts;
- how to become better teammates by cooperating and following the rules;
- how to build self-confidence;
- when to use "praise phrases" and positive adjectives; and
- how to avoid using negative pressures and put-downs.

The remaining chapters introduce challenges at three different levels--introductory, intermediate, and advanced--making the book ideal for most participants. Diagrams show you exactly how equipment should be set up, and photos illustrate how other participants have worked each challenge.

More Team Building Challenges and its successful predecessor, *Team Building Through Physical Challenges*, are the only activity books that assign roles to specific team members, offer alternatives to negative pressure and put-downs, and promote the use of standard physical education equipment and gyms. This book also includes cards for your students that explain each of the challenges: Simply copy and laminate them, and they're ready to use.

More Team Building Challenges is a valuable addition to your reference library of games and activities.

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