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Team Trust and Communication Activities

Experiment 13 - Practical Notes

Name: _____ Roll no.: _____ Date: _____

Aim

To build predictable, respectful teamwork through a low-risk cooperative task.

Principle

Trust develops when people communicate clearly, follow agreed actions and respect boundaries. A team exercise should support inclusion rather than test courage or force physical dependence.

Requirements

- A paper-based planning task, such as arranging an imaginary health-awareness stall.
- Role cards, limited-resource list, timer and team reflection form.

Procedure

1. Agree rules

Allow participants to decline personal questions and avoid physical contact, blindfolds or forced disclosure.

2. Introduce strengths

Each participant offers a preferred task or a fictional strength if they prefer.

3. Assign roles

Agree who will plan content, materials, timing and checking. Keep responsibilities visible.

4. Complete task

Use a short timed planning challenge and share relevant information accurately.

5. Check agreement

Summarise decisions and ask every member to confirm their role or request a change.

6. Reflect

Identify a behaviour that made the team more reliable and one change for the next task.

Mental Well-Being Stress and Conflict Management

Observations and Record

Team behaviour	Evidence	Improvement
Listening / information sharing	_____	_____
Role clarity / follow-through	_____	_____
Inclusion / boundaries	_____	_____

Worked Example

The numbers below are illustrative; enter your own observations in the record.

- A team that confirms “A will check wording and B will check materials by 3 pm” has a clearer commitment than “Someone will handle it.”

Result

Record completion, what you noticed and one practical next step. Personal reflections remain private unless you choose to share them; these classroom activities do not establish a diagnosis.

Precautions

- Participation and sharing of personal experiences are voluntary. Use a fictional example when preferred and keep others’ information confidential.
- Stop or adapt an exercise that causes discomfort. Persistent or severe distress should be discussed with the appropriate qualified support service.
- Describe personal observations without claiming that one short exercise treats or cures a mental-health condition.

Viva Questions and Answers

1. Does trust require risky physical games?

No. Reliable communication and follow-through are enough for this activity.

2. Why make roles visible?

It reduces duplicated or missed work.

3. Why respect a declined question?

Participation should preserve privacy and comfort.

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