



Capital Team Building

Explore the advantages of a team approach by racing against the clock to name all the U.S. capital cities.

Within a 20-minute timeframe, work together to identify as many state capitals as possible. Make sure that one person is responsible for writing down the answers.

Advise everyone that they can't use technology to find the answers. No smart phones or Internet browsers!

At the end of the 20 minutes, debrief using the following questions:

1. How did the group develop a strategy? Why did you decide on this strategy?
2. How successful was the group in meeting the objective?
3. Describe the process of working with others to achieve a goal. What skill sets were required to work through this activity?
4. What factors determined success for the group?
5. Did a "leader" or "leaders" emerge from the group?
6. Did everyone have the opportunity to be heard?
7. Did all members participate? Did anyone feel left out or refuse to participate?
8. In retrospect, would you have used the same method or strategy again?
9. How can you transfer what you experienced today to your workplace team?