

# Agreements Captains

Activities to Establish Community

ICEBREAKERS AND TEAM BUILDERS TO BUILD COMMUNITY

## OBJECTIVES

- To bring attention to values-based choices participants make
- To empower participants to remind one another of their group values

## MATERIALS

- Three clipboards
- Pens
- Popsicle stick
- Sharpies
- Mason jar

## SETUP

- Type up the text from the values and behaviors posters that were created in the last activity, **VALUES INTO ACTION**, using one piece of paper for each value.
- Place each value and behavior page onto one clipboard.
- Select a fun experiential activity to facilitate for the group that will allow them to practice their values in action.

## INSTRUCTIONS

1. **Explain** to participants that **talking about values and behaviors is very different from actually practicing them. In this activity, you will identify value captains to help connect participants' choices to the group values and help group members remember the values and agreements.**
2. Ask each participant to **write his or her name on a Popsicle stick** using a Sharpie.
3. **Place** all the Popsicle sticks into a **Mason jar** so the names are **not visible**.
4. Ask for a volunteer to **close** their eyes and **select three sticks**. Explain that **the people**

**whose names were selected will be the AGREEMENT CAPTAINS for the day.**

5. **Distribute one clipboard** to each AGREEMENT CAPTAIN.
6. **Explain** that it will be the responsibility of the AGREEMENT CAPTAINS to **observe** the group throughout the day and to **notice at least three specific ways** participants in the group followed the group agreements.
7. Explain that at the end of the session, you will give the AGREEMENT CAPTAINS **five minutes to share** their observations.

CONTINUED



# Agreements Captains continued

8. As a group, **review the group values and behaviors posters** to remind everyone of them.
9. **Run an experiential activity** for your group. As your group engages in the activity, float around to each AGREEMENT CAPTAIN and quietly **ask them for their observations**. If they need help, offer additional observations to the AGREEMENT CAPTAINS.
10. **Ten minutes before** the session ends, ask each AGREEMENT CAPTAIN to **share** out the observations they collected during the activity.
11. Ask the group to **celebrate** the participants who were observed and invite others to **share additional observations** about participants who practiced group values.
12. Each day, **assign new AGREEMENT CAPTAINS** by pulling **three new names** from your Mason jar.

## DIAL IT UP 1

- After the group becomes familiar with the agreement captains, you can ask agreement captains to also make observations of three ways participants did not practice the group agreements. After they share these at the end of class, ask participants to offer suggestions for what participants could have done differently.

## DIAL IT UP 2

- Invite agreement captains to call out moments when participants practice the group agreements by saying, *"I want to acknowledge John for sharing his markers and being a good friend,"* or, *"I want to remind Karla that we practice openness by participating even if we don't feel like it."* This process works best when you are confident your participants can make effective shout-outs without causing disruptions.

## DEBRIEF

- **What is helpful about having agreement captains?**
- **Did any of us make more intentional choices because we were aware of being watched?**
- **What other ways could we have practiced the values today?**