

# 10x Your Team's Passion and Purpose With 5 Simple Activities

## Welcome!

We are so glad you've decided to invest in your team! Whether you are meeting for the first time, revisiting your mission, or starting work on a new goal, the following activities will support shared efficacy and ignite your team's passion and purpose!



Welcome Video from Ben Koch  
(opens a browser window)

## How to Use This Facilitator Guide

The following PDF provides step-by-step instructions for facilitating activities and discussion prompts that create a rich group experience and continuing conversations.

These activities can be done individually to focus on the most pressing needs, or you may want to complete all five activities sequentially to help form cohesion with your group.

There are five activities in this guide.

- **I Feel Safe:** *Creating a Sense of Safety and Security for Your Team*
- **I Feel Invested:** *Setting a Common Vision*
- **I Feel Clarity:** *Goal Setting*
- **I Feel Part of a Team:** *Strength and Diversity*
- **I Feel Supported:** *Maintain the Energy*

Each activity includes a video you can use to better understand the directions or to show to your team members.



## BONUS: “Done For You” Slide Deck

A “Done for You” bonus PowerPoint has been included for free with your purchase to support your delivery. The PPT includes embedded videos to show to your team, group-friendly directions for the activities, and key discussion prompts. If you haven’t received access to the free “Done for You” PowerPoint (or need to re-download it), please click here to visit the store.

## OPTIONAL HANDS-ON CHALLENGES (Additional Purchase)

Each of the five activities in this guide can be extended to include a hands-on challenge. These fun challenges provide a safe opportunity for your team to practice collaboration and build cohesion while reinforcing the concepts from the activities. What a great opportunity to model engagement and authentic learning connections with your group!

If you don’t already have your hands-on challenges, purchase them today: [Hands-On Extension Challenges](#)

## SUCCESS CALL (Free!)

Highly recommended! We offer a complimentary Success Call to help you frame and deliver your NuMinds content for teachers and/or students, and to carry momentum going forward. You'll receive guidance on effective follow up and follow through (in a fun way) to keep teachers / students dialed in.

Set yourself up for success: [Book Your Free Success Call with NuMinds](#)



## Activity One I Feel Safe

### *Creating a Sense of Safety and Security for Your Team*

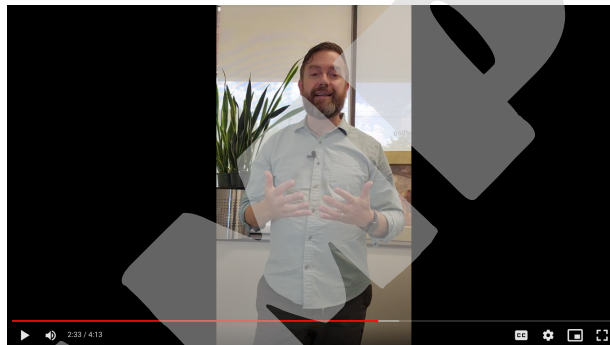
Activity One is designed to take your team from “first-day” jitters to a sense of safety and belonging. Our understanding of the limbic system, as well as theories from positive psychology (such as Maslow’s hierarchy of needs), tell us that in order to be our best selves, we need to establish physiological safety and a sense of belonging.

### MATERIALS & SETUP

- Pens/pencils
- **I Feel Safe** handout

### STEP ONE

Use the video from NuMinds Co-Founder & Certified Science-based Mindfulness Practitioner, Ben Koch, to lead your team in the mindful breathing practice “5-4-7” and unpack the activity.



Activity One Video from Ben Koch  
(opens a browser window)

### STEP TWO

Distribute the **I Feel Safe** handout, and allow time for participants to complete the five prompts individually. Remind your group members to only write down what they feel comfortable sharing with others.



## STEP THREE

Have team members mingle around the room. They should meet someone unfamiliar to them, and each share their answer to the bottom prompt, “5 things I like to do for fun.” After sharing the answer, have the participants re-navigate the room to find a new partner, where they’ll share the next prompt, “Four Things I Like About Myself.” Continue this process until all five prompts have been shared with five different people.

*NOTE: if someone is looking for a partner, they can raise their hand.*

## (OPTIONAL) HANDS-ON ACTIVITY

If you purchased the Hands-On Challenges, complete **Activity One: Maslow in the Woods.**

## STEP FOUR

Have your team members return to their original seats. Use the following discussion prompts to facilitate discussion. Team members can share with those in proximity (such as shoulder partners or group members), or you can ask participants to share aloud for everyone to hear.

- [Details] What were some fun and surprising answers you heard from others in the group?
- [Categories] What similarities did you notice between the answers?
- [Elaboration] What questions were the most difficult to answer and share?
- [Evidence] How can learning about others help us to feel a sense of safety and belonging?

## CONCLUSION

Conclude Activity One by sharing any key takeaways and reassuring your team that they are not alone.



## I Feel Safe

One Thing That Causes Me Anxiety

Two Things I Need to Feel Supported

Three People Close to My Heart

Four Things I Like About Myself

Five Things I Do For Fun



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Passion and Purpose  
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NuMinds  
Enrichment  
Real • Inspired • Learning

# Activity One: I Feel Safe



NuMinds  
Enrichment  
Real • Inspired • Learning



# I Feel Safe

*Creating a Sense of Safety and Security for Your Team*



**Ben Koch**  
NuMinds Co-Founder  
Licensed Science-based  
Mindfulness Practitioner





# I Feel Safe: Directions

- Individually answer each prompt (be sure to write only what you are comfortable sharing!)
- Partner up and share your answer to the bottom prompt, “5 Things I Do For Fun”
- Change partners, share the next prompt, “Four Things I Like About Myself”
- Repeat until all five prompts have been shared with five different partners
- **Optional STEAM Challenge: Maslow in the Woods**



Table or group discussion time



# *Discuss...*

- **What were some fun and surprising answers you heard from others in the group?**
- **What similarities did you notice between the answers?**
- **What questions were the most difficult to answer and share?**
- **How can learning about others help us to feel a sense of safety and belonging?**

