

# TEAM BUILDING ACTIVITIES



## SOUTHERN DISTRICT LEADERSHIP TEAM FALL 2002

**Leadership Team Advisors:**

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Support for Southern District Leadership Team activities is provided by  
the Wisconsin 4-H Foundation

## SOUTHERN DISTRICT LEADERSHIP TEAM ACTIVITY/TEAM BUILDING IDEA 2002

NAME                      Deb Ivey, 4-H Youth Development Agent  
County                    Iowa  
Name of Activity: Differences

Time Needed:            5 minutes

Number of Players: No Limit

Materials Needed: Piece of 8 X 11.5 " paper for each participant

Preparation Needed (Ahead of Time): None

### Instructions:

1. Give each participant a sheet of paper and **tell them to close their eyes** and hold the paper in front of them.
2. Instruct them to fold the paper in half and in half again. Then they should form a triangle with the folded paper.
3. Tell them to rip off the lower right corner.
4. Open their eyes and unfold the paper.

### **PROCESSING:**

Papers will look different. Discuss with participants how this illustrates how we are different and alike. Our perceptions and understanding of the same instructions might be different.

How does this affect our group? What did you learn from this activity?

## SOUTHERN DISTRICT LEADERSHIP TEAM ACTIVITY/TEAM BUILDING IDEA 2002

NAME                    Deb Ivey, 4-H Youth Development Agent  
County                 Iowa  
Name of Activity: Teamwork Olympics

Time Needed:         20-30 minutes

Number of Players: No Limit—at least five for one team

### Materials Needed:

One or more Large metal washers with 5-7 strings tied to it. The strings should be 2-3 feet in length.

Tennis balls or other firm ball.

Cups, cans or bowls that will hold the balls.

Preparation Needed (Ahead of Time): Tie strings to washers randomly around the washer.

### Instructions:

1. Form the participants into teams of 5 –7 each.
2. Give a washer with strings to a team and instruct each team member to hang onto a string.
3. Place a ball on the washer. If the ball falls off the washer they must start again.
4. The team must work together to place the ball in the cup, can, etc. on the other side of the room.
5. One or more teams can do this at the same time as a timed event or one team at a time with observers. Teams can try again if they want.
6. Observers should watch for communication, leadership, and team work skills.

### **PROCESSING:**

How did communication change within the group? Did anyone assume leadership?  
How did the team work together? What does this say to our group? What did you learn from this activity? How can you apply this to other situations?

## SOUTHERN DISTRICT LEADERSHIP TEAM ACTIVITY/TEAM BUILDING IDEA 2002

### NAME

County

Name of Activity: Laps

Time Needed: 10-20 minutes

Number of Players: No Limit

### Materials Needed:

One chair for each participant.

Ideas for statements

Preparation Needed (Ahead of Time): Arrange the chairs in a circle

### Instructions:

1. Each participant should sit in a chair.
2. One person will make a statement telling how many chairs to move if this statement is true of you.
3. Participants should move to the assigned chair. If someone is in the chair, the person should sit on their lap.
4. If the person with people on their lap has to move, everyone on the chair moves to the next chair.
5. This continues until the group loses its enthusiasm for it.
6. This activity is a good get-acquainted activity. It also is a 'recharger' for a group that has been sitting or working for a long time.
7. Example statements:
  - Move two chairs to the left if you are wearing blue jeans.
  - Move three chairs to the right if you have blonde hair.
  - Move seven chairs to the right if you have a drivers' license.

## SOUTHERN DISTRICT LEADERSHIP TEAM ACTIVITY/TEAM BUILDING IDEA 2002

NAME

County

Name of Activity: I like people who .....

Time Needed: 10-20 minutes

Number of Players: No Limit

Materials Needed:

One chair for each participant minus one.  
Ideas for statements

Preparation Needed (Ahead of Time): Arrange the chairs in a circle

Instructions:

1. Each participant should sit in a chair.
2. One person stands in the center and makes a statement telling participants to move if this statement is true of you. "I like people who wear blue jeans." If the participant is wearing blue jeans, he/she should move.
3. Participants should move to the assigned chair. They cannot move to the chair next to them. The person without a chair stand in the center and makes the next statement.
4. This continues until the group loses its enthusiasm for it.
5. This activity is a good get-acquainted activity. It also is a 'recharger' for a group that has been sitting or working for a long time.
6. Example statements:

I like people who are wearing blue jeans.

I like people who have blonde hair.

I like people who have cats.

I like people who are in the sheep 4-H project.

## SOUTHERN DISTRICT LEADERSHIP TEAM ACTIVITY/TEAM BUILDING IDEA 2002

NAME                    Matt Bandyk  
County                 Iowa  
Name of Activity: Tennis Ball Get-acquainted

Time Needed:         10-20 minutes

Number of Players: No Limit

Materials Needed:

Two or three of the same type of ball and one different ball. (Tennis balls and a smaller or larger rubber ball or a squish ball.)

Preparation Needed (Ahead of Time): None

Instructions:

1. Participants should get in circle and take turns introducing themselves.
2. After everyone is introduced, one person begins to throw one of the tennis balls to another in the circle. That person throws it to another, etc.
3. The leader then introduces another tennis ball into the circle. The ball should be thrown in the same pattern around the circle (same person it was thrown to in #2).
4. A third tennis ball can be added if the group is large. Instruct the group to try and go faster without dropping the ball.
5. When the group is throwing and catching without a problem, add the different textured or shaped ball to the circle. Participants will have a hard time catching and throwing this "different" ball.
6. Let the group continue until they tire of the activity or the balls are all dropped.

### **PROCESSING:**

Discuss how the "different" ball caused problems. How did communication and cooperation change within the group? How did you accommodate the different ball? What does this say to our group? What did you learn from this activity? How can you apply this to other situations?

# SOUTHERN DISTRICT LEADERSHIP TEAM ACTIVITY/TEAM BUILDING IDEA 2002

NAME                    Deb Ivey, 4-H Youth Development Agent  
County                 Iowa  
Name of Activity: Grouping Ideas

Time Needed:         5 - 15 minutes

Number of Players: No Limit

Materials Needed:   None

Preparation Needed (Ahead of Time):   None

## Instructions:

1. Ask people to stand or raise their hand according the following categories. Or divide people into work groups using one or more of these categories.

Same color eyes  
Tallest / shortest together  
Single/Married  
Oldest/middle/youngest/ only child  
Where are you from?—Midwest, West,  
Northeast, etc.  
Which part of Wisconsin did you grow up in?  
Born before 1960 (or ?) / After \_\_\_\_\_  
Tennis shoes  
Color of shoes  
Color of shoe laces  
Slacks or skirts or blue jeans  
4-H member or leader or not  
Swimmer/non-swimmer  
Drivers' License or No Drivers' License



Discuss the activity. Did anyone learn anything interesting or surprising about someone? Other unusual discoveries? Did you find you had anything in common with others? What differences did you discover? What does this tell you about working with others in a group?

# SOUTHERN DISTRICT LEADERSHIP TEAM ACTIVITY/TEAM BUILDING IDEA 2002

NAME                      Deb Ivey, 4-H Youth Development Agent  
 County                    Iowa  
 Name of Activity:      Ice breaker/Get-Acquainted pictures

Time Needed: 20-45 minutes

Number of Players:    No Limit

Materials Needed:

One piece of flip chart paper for each participant  
 Markers, pens, pencils, crayons

Preparation Needed (Ahead of Time):      None

Instructions:

1. Give each participant a full sheet of flip chart paper. Have markers and writing utensils spread throughout the room.
2. Tell participants to imagine the paper divided in to four quadrants. They should write their name and county or 4-H Club in the middle of the page.
3. Instruct participants to write and draw their responses to the statements in the appropriate quadrant.
4. After five or ten minutes, ask the participants to tape their sheet to themselves –“wear the sheet.” Participants then mill about the room visiting with the other participants.
5. After ten to twenty minutes, ask participants to take their seats. Discuss the experience. Did you get to meet anyone new? What did you learn that is interesting or unusual about someone? What did you have in common with others? What was different about others?

Favorite 4-H Project	Favorite Sport or Activity
<b>NAME</b>	
<b>COUNTY OR 4-H CLUB</b>	
Favorite Season	Best Place You Have Visited





SOUTHERN DISTRICT LEADERSHIP TEAM  
ACTIVITY/TEAM BUILDING IDEA 2002

NAME                Kelli Kluge  
County             Sauk  
Name of Activity: Duct Tape Coin Purses

Time Needed:      15 minutes

Number of Players: No Limit

Materials Needed:

Duct tape and scissors

Preparation Needed (Ahead of Time):    Buying the tape.

Instructions:

Other Information Needed:

## SOUTHERN DISTRICT LEADERSHIP TEAM ACTIVITY/TEAM BUILDING IDEA 2002

NAME                    Jessica Karis  
County                 Rock  
Name of Activity: Blindfolded Leader Game

Time Needed:         5 minutes

Number of Players: Large Group

Materials Needed:

None

Preparation Needed (Ahead of Time):    None

Instructions:

Everyone gets in a line and puts their hands on the shoulders of the person in front of them.

Everyone except the first person in line closes their eyes. The first person who is the leader leads everyone around, and the group has to communicate and work as a team to avoid obstacles.

### **PROCESSING:**

Did the group work together?

How did the group communicate?

What does this say about our group's teamwork or communication skills?

What did you learn from this activity?

## SOUTHERN DISTRICT LEADERSHIP TEAM ACTIVITY/TEAM BUILDING IDEA 2002

NAME

County

Name of Activity: Balloon Towers

Time Needed: 20 minutes

Number of Players: Groups of 6-8 each

Materials Needed:

100 balloons and 1 roll of masking tape per group

Preparation Needed (Ahead of Time):

Instructions:

1. Total group divides into smaller groups of 6-8 people.
2. Each group is given 100 balloons and a roll of masking tape.
3. The goal is to make a free standing tower (ie cannot attach off of ceiling, prop against wall, etc.)

### **PROCESSING:**

Towers will look different. Discuss with participants how this illustrates how we are different and alike. Our perceptions and understanding of the same instructions might be different.

Did this become a competition? Was that part of the instructions? How did your group communicate? Did anyone assume leadership? Did your group work together or individually?

How does this affect our group? What did you learn from this activity?

## SOUTHERN DISTRICT LEADERSHIP TEAM ACTIVITY/TEAM BUILDING IDEA 2002

NAME

County

Name of Activity:       The Puzzle

Time Needed:       30 minutes

Number of Players: Minimum 8-12

Materials Needed:

Sheet (large) of thin plastic wood, cut into puzzle pieces (8)

Preparation Needed (Ahead of Time):

Instructions:

1. Blindfold participants (as many as there are puzzle pieces).
2. Tell any additional participants that they are to observe.
3. Tell participants that the object of this exercise is to assemble a floor puzzle.
4. Give paper and pencil to observers so they can take notes.
5. Distribute puzzle pieces to blindfolded participants.
6. After puzzle is completed, have participants share their experiences. Ask observers to add their comments.

### **PROCESSING:**

How did the group communicate? Did anyone assume leadership? Was anyone not involved? How did the blindfolds affect the group working together?

If desired, have the group put the puzzle together again after this discussion.

Did the group work differently this time? Was everyone involved? Did the puzzle get solved quicker?

How does this affect our group? What did you learn from this activity?

# SOUTHERN DISTRICT LEADERSHIP TEAM ACTIVITY/TEAM BUILDING IDEA 2002

## NAME

County

Name of Activity:            See, Run, Do

Time Needed: 15 minutes

Number of Players: 4-30

### Materials Needed:

- A completed poster
- Poster board
- Scissors
- Glue
- Construction paper
- Markers/crayons/pencils

### Preparation Needed (Ahead of Time):

Decide on the concept you want to teach a group (example: 4-H fundraising, communication)

Make a poster that represents that concept.

Bring all supplies needed to reconstruct the poster and enough for teams of 4-5.

### Instructions:

1. Post the poster outside the room where no one can see it.
2. Divide the group into teams of 4-5
3. One person is going to be "seer" – only this person can see the poster and s/he must tell the runner what he sees.
4. Another person is the "runner" – this person must run from the worktable to the seer.
5. The rest of the team are the "doers" – they must reconstruct the poster as the runner tells them, based on what the seer tells the runner.

The runner can run as many times as necessary to get the correct information.

Give a time limit for the project.

This activity can work for all age levels; how you structure your poster may depend on the age group involved.

At the end, see which group did the best job reconstructing the original poster.

### **PROCESSING:**

Debrief with the group to explain/discuss the concept you are trying to teach and how each piece of the poster relates to the concept.

What communication skills were used in this activity? What team work skills were important? Did the group organize before they started? How did the seer, runner and doers work together and/or communicate?

What did you learn from this activity?

# SOUTHERN DISTRICT LEADERSHIP TEAM ACTIVITY/TEAM BUILDING IDEA 2002

NAME

County

Name of Activity:           Webs for all Occasions

Time Needed: 10 minutes

Number of Players: 8-20

Materials Needed:

One large ball of yarn, wound into a ball from the skein

Inflated balloons or an 8-10 inch rubber ball

Preparation Needed (Ahead of Time):

Instructions:

1. Adapt the activity to fit your teaching objectives. Plan what questions to ask or the information you will request. Encourage each person to make their answer different from other answers.

Examples of information for participants to share:

For Introductions – ask participants to tell the group their name and one thing about themselves that others in the group will not know.

For Teambuilding – ask participants to tell the group one reason they value being part of this group.

For Networking – ask participants to share information about the group they represent and services/programs provided.

For Leadership Training – ask participants to identify one characteristic of a good leader.

For Camp Counselor Training – ask counselors to list important things campers need from counselors.

2. Ask participants to stand close together in a circle.

3. Give the ball of yarn to one participant and ask he/she to tell the group the information requested and then toss the ball of yarn to another participant across the circle while holding onto the end of the yarn.

4. The next participant catches the ball of yarn, responds with their information, holds the yarn while tossing the ball of yarn on to another person across the circle.

5. Depending on time and your teaching objective, another layer can be added to the “web” by asking for another piece of information from each participant.

6. Continue until all participants in the circle have responded. Discuss the purpose of the web (ie: the power of many people working together, communities/clubs can work effectively when everyone does their part).

## **PROCESSING:**

Toss a balloon or ball onto the web and continue to illustrate your teaching point. The ball can represent a child, a 4-H leader, a project or a team. Ask the group to tighten the web to provide better support (everyone is needed to make it work). Ask the group to move the ball around the web in a circle, passing it to each person in the group (communication is important to get the job done). Use several balls or balloons and ask the group how a community can make the web of support stronger for young people.

## SOUTHERN DISTRICT LEADERSHIP TEAM ACTIVITY/TEAM BUILDING IDEA 2002

NAME Kayla Blackburn  
County Grant  
Name of Activity: T-shirt Switch

Time Needed: About 10 minutes

Number of Players: No Limit

Materials Needed:

An extra T-shirt for everyone playing

Preparation Needed (Ahead of Time):

Instructions:

1. Give everyone one t-shirt to wear over top of their original.
2. Split into equal groups of more than 3 or 4.
3. Have one person from each group go about 20 ft. away. Then have the first person in the line run down to the player on the other end and both take off their t-shirt and switch shirts. The shirt must be on right side out and on fully before the other person runs back and takes off the shirt and switches with the next person in line.
4. This continues until everybody gets their original shirt back.



## SOUTHERN DISTRICT LEADERSHIP TEAM ACTIVITY/TEAM BUILDING IDEA 2002

NAME                Deb Ivey  
County             Iowa  
Name of Activity: What's Your Value?

Time Needed:

Number of Players: About 15

Materials Needed:

A deck of playing cards

Preparation Needed (Ahead of Time):

Instructions:

1. Explain to participants that they will be given a card and they should not look at it. When instructed to do so, the card should be held to their forehead so others can see what card it is. With the cards on their foreheads, each participant should treat everyone else "according to the value of the card".
2. Let the group interact for about a minute and then ask them to line up according to how they feel.
3. The group will probably end up with the face cards and aces at one end and the lower numbered cards at the other end.

### **PROCESSING:**

Discuss with the participants why they stood where they did? How were they treated? What gave you hints about your card value? Pick out individuals and ask why they stood where they did? Pick someone with a face card, someone in the middle and someone with a 1, 2, or 3.

Ask if they have ever experienced this activity before? Explain that this happens all the time – in school, at work, in communities, in groups, etc. How are "values" of people determined? What do we each need to do about this?

## SOUTHERN DISTRICT LEADERSHIP TEAM ACTIVITY/TEAM BUILDING IDEA 2002

NAME                Deb Ivey

County             Iowa

Name of Activity: Introducing Developmental Assets

Time Needed:

Number of Players:

Materials Needed:

Preparation Needed (Ahead of Time):    Print the name of an asset on balloons.

Instructions:

1. Blow up the balloon and hand one out to each participant. Instruct them to find others with the same asset.
2. Ask each participant to share with their group what they thought when they saw the words on their balloon. What does this mean for youth or adults in our community? How can we help youth build this asset? How can we support this asset?
3. Have the group make an ASSET BRIDGE with the balloons. Connect all the balloons together in the shape of a rainbow or bridge and display throughout the event.
4. Follow with activities or more discussion on asset building.

## SOUTHERN DISTRICT LEADERSHIP TEAM ACTIVITY/TEAM BUILDING IDEA 2002

NAME Rachael Herschleb  
County Columbia  
Name of Activity: Evolution

Time Needed:

Number of Players: No Limit

Materials Needed:

Preparation Needed (Ahead of Time):

Instructions:

1. This game is based around Rock/Paper/Scissors (R-P-S).
2. Everyone starts out as an egg. Meet up with another egg and play R-P-S, winner evolves to a chicken and the loser stays an egg. Game continues the same with R-P-S being played between two members of the same species, the winner evolving and the loser devolving one stage.
3. Egg – squat around on the floor saying “egg”.  
Chicken – stand upright and flap your “wings” like a chicken.  
Dinosaur – use your arms to make a big dinosaur mouth, moving them up and down.  
Superhero – put one arm up like you’re flying away  
Supreme being – cross your arms like you’re all “high and mighty”.
4. One a “supreme being” beats another “supreme being”, they must play the leader of the game, you, and if they beat you they are out of the game, if they lose, they must beat another “supreme being” before challenging you again. If a “supreme being” loses to a staff member, they cannot evolve any lower, even if they lose to another “supreme being”.

## SOUTHERN DISTRICT LEADERSHIP TEAM ACTIVITY/TEAM BUILDING IDEA 2002

NAME Building Community Toolkit, page 207  
Name of Activity: Name Tag/Pairs Games

Time Needed:

Number of Players: No Limit

Materials Needed: Names tags and names of participants

Preparation Needed (Ahead of Time): Print names on nametags or prepare signs of famous pairs.

Instructions:

These games work when you have a large group of people who do not know each other well.

Possibilities:

- Put a symbol or color on each person. Participants have to find their match and introduce themselves.
- In small letters, put the name of someone else in the room at the bottom of each nametag. Everyone has to find the person whose name is written on their tag.
- Famous Pairs: As people walk in, put the name of one part of a famous pair (i.e. Kermit and Miss Piggy) on their back. Each participant has to ask yes or no questions to find out who they are, and then they have to find their pair. When they find their pair, they reveal who they really are to the other half of their pair.

### **PROCESSING:**

Discuss how differently people tried to find their pair. Did they yell? Did they quietly move about? Did they stay in one place? What does this mean when we work with groups? How do we accommodate different communication styles?

## SOUTHERN DISTRICT LEADERSHIP TEAM ACTIVITY/TEAM BUILDING IDEA 2002

### NAME

Name of Activity: Human Bingo

Time Needed:

Number of Players: The more the better. Works best with at least 24

Materials Needed: Bingo cards with various characteristics/sayings in squares.  
Pencils/pens, prizes if desired

Preparation Needed (Ahead of Time): Prepare Bingo cards (see example on next page) with skills, names, birthdays, individual gifts or talents, etc.

Instructions:

Distribute bingo cards as participants arrive at a meeting. Instruct them to get signatures on each square from someone in the group who fits the description listed. Allow this to continue until the meeting starts.

Possibilities:

- Call out names as part of get-acquainted or at the end as a wrap up. Give prizes to the first bingo.
- Discuss the bingo cards using these questions:
  1. Which squares were easy and difficult to get?
  2. Did anything surprise you?
  3. What new talents/assets did you discover among our group?
  4. What does this say about our club? our group?

### **PROCESSING:**

Discuss how differently people tried to find their pair. Did they yell? Did they quietly move about? Did they stay in one place? etc. Relate this to differences in communication styles.

## FIND SOMEONE WHO . . . . .

Thinks the voting age should be lowered	Is in the Dairy project	Was born in March	Likes to wear blue jeans	Likes math
Uses an organizer or calendar	Is the president of a club	Has a website	Has been a member of a successful team	Knows how to snow board
Knows how to use "powerpoint"	Plays basketball	Likes to roller skate	Can speak a foreign language	Likes taking care of children
Was born in this county	Has bowled more than 150	Is a 4-H member	Is secretary of a 4-H Club	Plays a musical instrument
Can sing a solo	Has a driver's license	Is in the photography project	Works at Lands' End	Likes to talk to people

## SOUTHERN DISTRICT LEADERSHIP TEAM ACTIVITY/TEAM BUILDING IDEA 2002

NAME                    from Steve Wagoner  
Name of Activity: Just How Do You Throw A Frisbee

Time Needed:        20 minutes

Number of Players: 5 - 25

Materials Needed: Frisbee, newsprint pad and easel or dry erase board, markers, paper and writing utensils for participants

Preparation Needed (Ahead of Time):

Instructions:

Purpose: Groups of 5-25 use a provided frisbee to verbalize and demonstrate skills used when throwing it to fellow group members.

1. Members work individually for 5 minutes, writing down skills they think they use to throw a frisbee. They then form a circle with fellow group members and begin throwing the frisbee. Then they verbally list skills noted and discovered through the throwing action.
2. A facilitator prompts the group members to be creative in their identification of skills used. The facilitator writes the identified skills on newsprint or a board as they are listed.

### **PROCESSING:**

Discuss the broad array of skills needed in even the simplest of group activities. This might be related to the need for many different types of people in groups.

## SOUTHERN DISTRICT LEADERSHIP TEAM ACTIVITY/TEAM BUILDING IDEA 2002

NAME from Ian Meeker  
Name of Activity: Blind Square

Time Needed: 15 minutes

Number of Players: 10-15

Materials Needed: Bandanas and a pliable rope, 40-50 feet long

Preparation Needed (Ahead of Time):

Instructions:

1. Blindfold 8-12 of the group members. Ask them to hold onto a rope. ( The loose ends of the rope are tied together so it is a continuous loop.) Ask the other members to observe the blindfolded group as they do the activity
2. Explain the concept of consensus to the group.
3. Instruct the group holding the rope to make the best possible square they can. The rope cannot be put down until the group has reached consensus. (This will take about 5 minutes.)

### **PROCESSING:**

How did the group reach consensus? Did everyone express an opinion? What communication styles were used? (You might highlight good and bad approaches to communication.) Did anyone feel like they had a good idea, but did not feel like they were being heard? How did this affect your "group" feelings?

Ask the observers to share their thoughts on how the group worked together and how they reached consensus?

The facilitator can expand the comments to discuss communication styles, leadership, group dynamics, and team building.



SOUTHERN DISTRICT LEADERSHIP TEAM  
ACTIVITY/TEAM BUILDING IDEA 2002

NAME                    **Building Bridges CD**  
County  
Name of Activity: Toothpaste Activity

Time Needed: 15 – 20 minutes

Number of Players: No limit—should have at least 8 for two teams of 4

Materials Needed:

- Tube of toothpaste for each team of 4-6 people
- 8" by 10" piece of cardboard or poster board (one per team)
- Felt tip marking pen

Preparation Needed (Ahead of Time):            None

Instructions:

1. Break groups into teams of 4-6 people
2. Give each group a piece of cardboard and a marking pen. Tell them they will have two minutes to think of one word that describes something they all have in common and to write that word on their piece of cardboard.
3. When time is up, give each group a tube of toothpaste. Tell them they have two more minutes to outline the word they have just written as creatively and neatly as possible using the toothpaste.
4. When time is up, make a few quick comments about how well the groups have followed directions; how creative they are, etc. Explain that the best part of this activity is about to begin because now the groups will have two minutes to figure out how to get the toothpaste back into the toothpaste tube. The team that can do it neatly with the least amount of toothpaste left on the outside will be the winner.
5. After two minutes, interrupt the groups and ask them if they have completed the task. If they ask for more time, tell them you can give them one more minute. If they ask for still more time, allow yourself to be persuaded, but let them know that's absolutely the most you can give them.
6. When time is up, interrupt and ask participants for some feedback about what happened in their groups ( see processing questions that follow).

**PROCESSING:**

Ask the groups if they know what this activity was all about (teamwork, creativity, communication, cooperation, etc. are all acceptable answers, but the real answer is something else.)

Tell everyone that the real reason for doing this activity was to demonstrate that toothpaste can't be forced back into the toothpaste tube. And the same thing is true of the words we use when speaking. Once something is said, we can't get those words back again. That's why it is so important to think about what we're about to say before we say it.