



## **Habits & Expectations**

**Objective:** To encourage team building by helping team members see and appreciate the difference in perspective and experiences of other team members.

**Materials Needed:** 1 men's shirt with buttons down the front  
1 women's shirt/blouse with buttons down the front

**Directions:**

1. Divide the group into two teams: males and females. (Make sure each team has the same number of players.)
2. Run the activity as a relay:
  - \* Men use the women's shirt/blouse.
  - \* Women use the men's shirt.Start with each shirt buttoned. The first player on each team unbuttons the shirt, puts it on, buttons it, then unbuttons it and takes it off. The next player then repeats the action. The first team to have all their players put the shirt on and off wins. Encourage teams to cheer for their members!

### **Process**

**Questions:** Did you think this activity would be difficult?  
Why was this simple activity so hard?  
How did you feel while you were doing it?  
How does this relate to activities you might do as a group?  
How do you feel in a group when someone has trouble with a task or idea that you are very familiar with and can't seem to get it right?  
How can team building be enhanced by doing this activity?

Reference: Unknown