

Cooperation



Create a group
selfie that shows
cooperation
without using
words.



Create an “Energy Map” by placing yourselves based on how energized or drained you feel. Share what affects your energy and how the group can support balance.



Create a “human machine” together:
each person adds one
sound or movement
that connects with the
others until your whole
group is working as
one moving system.



Make a TikTok-
style video
that shows you
before and after
cooperation.



Choose one team color that represents cooperation for everyone. Find matching items in the room or among your belongings. Create a "Cooperation Mood Board." Title it and take a photo.



Work together to
recreate a famous
movie scene, but
make it about
teamwork. Record
a short video.



As a team, draw
a simple, funny
picture of real-life
cooperation. Everyone
should add one
element. Title it and
take a photo.



This is a silent challenge.
Pick a leader. They show
a movement; everyone
mirrors it. Leadership
passes by winking at
someone, who then
becomes the leader.
Continue until everyone
has led.



As a group, come up with 3 rules for “good teamwork vibes” today.



Choose one
object from the
room and pass
it around. Each
person adds one
new use for it.

