



### **Team Show and Tell**

**Equipment Required:** A favorite item that explains more about that teammate.

**Space Required:** Small

**Group Size:** Any

**Skills:** Communication, Confidence, Leadership

**Brief Overview:** Team members bring in a favorite item to share with the team that will tell teammates more about them.

**Instructions:** Before practice, hold an old-fashioned show-and-tell session. Have each team member bring a favorite item (can be sports related or not) that will tell teammates more about who he/she is.

**Discussion points:**

- 1) Why did you chose that item?
- 2) What does that item mean to you?
- 3) What does this item tell about you
- 4) What do you feel you took away from this task?

**Hints for Coaches:** Have other teammates ask questions after one share their item. Clap when a teammate has completed the share.