

SFE - Family Bonding Workshop
(A Fast Paced, Fun, Challenging, Low Impact, Full of Activities Course)

Program:

09:00 Move off from School,
Registration, Welcome, Introductions, Objectives, Safety

09:30 **1. Building Family Team Understanding
and Importance of Timely Co-operation**



Purpose:

To make families understand the importance of timely co-operation, understanding and Co-ordination in achieving family objectives.
To demonstrate that if one person is uncooperative or does not pay attention, then the whole team will fail.

Activity: “Caterpillar Race”

Teams compete in a team-race where timing & co-ordination are crucial for success.

10:30 Tea Break Refreshments

10:45 **2. Team Bonding Fun Activity**

Purpose:

To make everyone realise they all play an important part of the “Home” Network & contribute towards other family members. To give delegates an understanding of how to make working together fun, enjoyable and challenging. To make them realise, no matter young or old they are

in the family, whatever their duties at home, – there is an important role they play in the success of the family.

Activity: Marble Factory

11:45 LUNCH

12:30 **3. Go Get ‘Em**

Introduction: Families are under quite extraordinary pressure to meet their objectives in the fastest possible time. Speed, efficiency and quality are usually the three key factors to increased productivity. This activity addresses the issue by highlighting the need for clever planning in order to build a process by which to meet the objective in the most efficient and effective manner.



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Purpose: This activity is intended for to demonstrate that creative thinking within the family environment can help overcome issues such as objections that are perceived to be unrealistic.

Activity: Raft Team Race (Life Jackets Provided)
Teams Build Rafts and then race each other.
(all materials provided)

Learning Point:

- Create Team Spirit and Team Membership within the overall mission to work as a family.
- Formulate trust and trust-building characteristics among the participants.
- Able to respect one another as a unique individual.

02:30 Round UP

Group Discussion - What Have We Learned from Today's Team Building Event

Completion of Action Plan

- In what areas of tasks do they plan to make changes
- What Action they are going to bring to their task / home
- What Results they hope to see
- How long will it approximately take to see results

Completion of Feedback Form

Issue Certificate of Attendance

Closing Address by SFE Co-ordinator / School Counsellor

03:00 End of Team Building Event