Volunteering Together

**Learning objective:** This team-building activity can help build resiliency through improved social support and self-efficacy.

**Time required:** Approximately 15 minutes, depending on group size.

**Instructions:**
*Have the team choose a project that everyone can take part in: volunteering at a soup kitchen, holding a charitable or fundraising event, sponsoring a child, etc.*

*Provide reasonable time to complete the project as a group.*

*Once the event is over, ask the team to share what they got out of the experience. Consider the next event they may wish to participate in.*

**Activity developed with help from:** Mary Ann Baynton, Mary Ann Baynton & Associates Consulting.