

Who Are We?

Category of Competencies: Collaborative Skills

Description:

A team-building exercise that promotes collaboration, communication, and mutual understanding through the creation of a shared mural reflecting group values and goals.

Activity Categories:

Group, In-person, Easy to Prepare, One-off Session

Main Competencies Involved:

Cooperation, Effective Meeting Skills, Group effectiveness, Team-Building Skills, Teamwork

Other Competencies (Different Category):

Assertiveness, Listening Skills, Participation, Problem-Solving

Resources Needed and Practical Considerations:

Groups of 4–10 participants, sheets of flipchart paper or large card, various art materials (e.g., markers, paints, stickers)

Estimated Time:

60 minutes

Description of Activity:

Step 1: Explain to the group that values are principles that help people determine what they believe is right or wrong. Describe how everyone has personal values, but groups often have shared values as well, which can guide decision-making and promote unity. Emphasise that understanding each other's values is important for teamwork and collaboration.

Step 2: Provide each group with a large sheet of paper, canvas, or card and various art supplies. Explain that they will use these materials to create a mural that represents their group's shared values and goals.

Step 3: Explain that the group should work collaboratively to create a mural that reflects what is most meaningful to them as a team. Encourage them to think about their individual and shared values, as well as the group's overall purpose or goals.



Step 4: Ask each team member to contribute to the mural, sharing ideas and collaborating on the design. Allow around 35–40 minutes to complete the mural and provide additional materials if needed. Remind the group to communicate openly and support each other's contributions.

Step 5: Use the following questions to prompt reflection and discussion as the mural develops:

What do you love most in life?

What have been your proudest moments so far?

What is truly important to you?

What issues in your life, community, or the world frustrate you? (These could relate to values that are not being honoured.)

Step 6: Once the murals are complete, invite each group to present their mural and share the values they represented. Encourage other group members to give feedback, and allow the group time to discuss their creative process and what they learned about each other.

Processing Questions:

How well did you work as a team while creating your mural?

Did someone naturally take a leadership role, and how did this affect the group?

Was everyone's voice heard in the process?

Did any of your values conflict? If so, how did you resolve this?

How important is it for a team to share common values?

What did you learn about yourself in this activity? (e.g., Do you need to be more vocal, improve listening, and be more open to others' ideas?)

