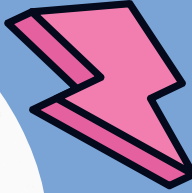


# My Dream Team



**My Dream Team – Family Edition** is a reflective and creative activity that invites participants to imagine and design their ideal team—a group of people who embody the qualities they most value. By identifying what makes a supportive, successful team, and reflecting on how they can contribute their own strengths, participants build self-awareness, boost confidence, and strengthen connections within the family.



## Family Objects

### **Boosting Quick Reflection and Reaction:**

Family members quickly think about the qualities they value in friends and teammates, articulating these insights in a fun and relaxed creative session.

### **Encouraging Teamwork and Positive Interaction:**

By sharing their dream team ideas and discussing the qualities they admire, everyone supports and cheers each other on, creating a warm, collaborative atmosphere.

### **Getting Actively Involved Together:**

Participants engage wholeheartedly in the creative process—whether drawing or writing—making the activity dynamic and interactive, and building strong bonds through shared creativity.



## Success Milestones

### **Quick and Insightful Reflections:**

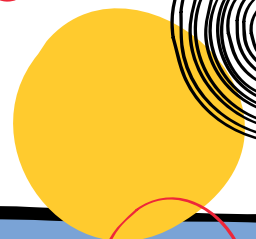
Family members efficiently identify and express the qualities they value in a team, demonstrating the ability to think on their feet and share thoughtful insights.

### **Active Team Engagement:**

Everyone participates actively in the creative process, discussing and contributing ideas to form a dream team that represents a mix of strengths and supportive qualities.

### **Completion of Creative Expression Tasks:**

Participants successfully complete their drawings or written reflections about their dream team, using their imagination to represent the traits they admire, and sharing these creations with enthusiasm.



# My Dream Team



## Objective:

My Dream Team – Family Edition is a reflective and creative activity that invites participants to imagine and design their ideal team—a group of people who embody the qualities they most value. By identifying what makes a supportive, successful team, and reflecting on how they can contribute their own strengths, participants build self-awareness, boost confidence, and strengthen connections within the family.

## Players:

- Suitable for individual reflection or for sharing in small groups or classrooms.
- Ideal for family gatherings, educational settings, or team-building sessions.

## Materials:

- Paper or notebooks
- Crayons, markers, or pens for drawing and writing

## Setup:

### 1. Provide Materials:

- Distribute a piece of paper and drawing/writing materials to each participant.
- Ensure a quiet, comfortable space for creative reflection.

### 2. Introduction:

- Explain that the goal is to imagine your "dream team"—a group of friends, family members, or even fictional characters who embody the qualities that help you succeed and feel supported.
- Emphasise the importance of teamwork, mutual support, and the unique strengths each person brings to a group.

## Activity:

### 1. Think About Your Dream Team:

- Reflect on the qualities you admire in others—such as kindness, creativity, responsibility, and resilience—and consider how these traits contribute to a successful team.
- Also, think about what unique qualities you bring to a team.

### 2. Create Your Dream Team:

- Write or draw your dream team on your paper.
- Illustrate or list the individuals (or characters) you'd include, along with the specific qualities that make them invaluable team members.
- Be as creative as you like—your dream team can be a mix of real people and imaginative characters!



# My Dream Team



## 3. Reflect on Your Contribution:

- Answer reflection prompts such as:
  - "What qualities do you bring to a team?"
  - "How can you be a supportive and positive teammate?"
  - "Why is it important to have a diverse team with different strengths?"
- Write these reflections alongside your dream team creation.

## 4. Sharing and Discussion:

- Share your dream team and reflections with your family or group.
- Engage in a discussion about the qualities that make a team successful and how each person's unique strengths contribute to collective success.
- Optionally, create a "Team Building Wall" where everyone can display their dream team drawings or lists, fostering a visual celebration of shared values.

## Winning the Activity:

- There is no traditional "winner" in My Dream Team – Family Edition.
- The focus is on personal growth, creative expression, and building meaningful connections.
- The true success is in the reflective process and the positive dialogue that emerges from sharing your dream teams.

## Variations for Different Settings:

### • Educational Edition:

Adapt prompts to focus on academic teamwork or learning experiences, encouraging students to reflect on how their strengths contribute to academic success.

### • Staff Edition:

Use the activity as a professional development exercise by focusing on workplace strengths, collaboration, and how to support colleagues effectively.

### • Youth Group Edition:

Adjust the language and prompts to be more engaging for younger participants, perhaps by incorporating fun themes (e.g., superhero teams) that inspire creative thinking.

### • Family Edition:

Use the activity during family gatherings to share personal stories and celebrate each member's unique contributions to the family's "dream team."



# My Dream Team



## Additional Notes:

My Dream Team – Family Edition is a powerful exercise in self-reflection, creativity, and connection. By exploring the qualities that make for a supportive team, participants not only learn more about the strengths they value in others but also discover their own unique contributions. Enjoy the process of imagining, creating, and sharing your dream team, and let this activity inspire you to be the best teammate you can be in every aspect of life!

