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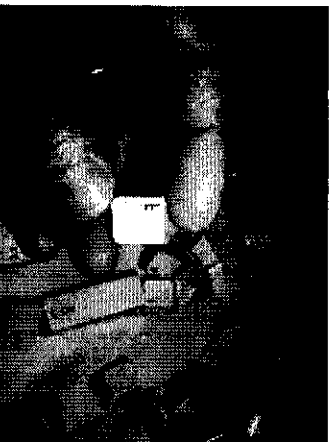
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Keyboard team building game

Friday, October 28 - [Comments \(4\)](#)

Here's a team building game that puts your old keyboard to use. You know that keyboard, it's the one you were thinking about throwing away.



You'll end up with around 60 keys (60 pieces).

At the beginning of your next workshop, when you need an "icebreaker", have everyone select a key while they are entering the room. When the time is right, share what they are to do with this key (this is what you say)...

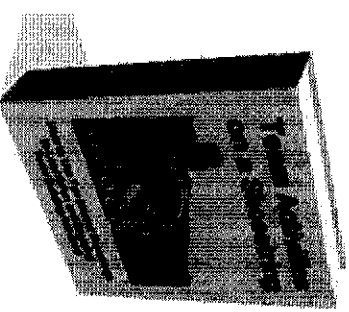
"I pulled all of these keys off of one keyboard. If one of the keys was malfunctioning or missing (before I dismantled the keyboard) then it would not be possible to operate the computer at its full potential. Each key brings a unique attribute to the keyboard (the team/community). What does the key you've selected say about an attribute you bring to a team (you bring to this/our team)? Get in groups of three and share your thoughts and insights."

Give the groups of three enough time to talk and then ask everyone to re-focus their energy on the large group. Ask if there are any insights or new understandings that people would like to share with the large group.

Another way to use this activity...

My wife attends a local Toastmasters group once a week and she recently led this keyboard activity but in a slightly different way than described above. Each person was given a key and then certain people were asked to stand up and (using impromptu speaking skills) answer a question such as:

1. The key you're holding represents an important speaking skill. Identify the skill and describe why it's important.
2. The key you're holding represents something you're thankful for. What is it and why are you thankful for it?



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3. The key you're holding is actually a vitamin. What does this vitamin do?

This keyboard activity reminds me of the following Universal Truth: what you sow so shall you reap. My wife and I describe it to my six-year-old son as "what you put out is what you get back". Cause and effect.

When typing on a keyboard (when it's hooked up to a computer) you expect to see the letter "e" appear on the screen when you press the letter "e" on the keyboard. The letter "e" shows up after you take action. You wouldn't sit in front of your computer and say "I'll press the "e" only after it shows up" or "I'm going to hope for the letter "e" to show up on the screen". In a similar way, if my son wants to experience more kindness in his life then he must first express kindness to others.

How does this work? Read on...

We are magnets. We attract things, situations and people into our lives by what we think, say and (most powerfully) by what we strongly FEEL on a regular basis. The strong feelings act like a giant magnet and begin to draw MORE things, situations and people that are in harmony with what we are feeling.

This Universal Truth is called the Law of Attraction and is in effect all the time, which means it's working as powerfully for the things you have intense emotions for that you do want (joy, creativity, love, health, abundance, etc.) as those you don't want. For example, if you have strong feelings of anger towards someone on a regular basis then you are attracting more anger into your life. This anger may show up in many different ways – it could be an angry motorist cuts you off or you might receive an angry phone call from a customer or you may intensify your own feelings of anger thus making you sick. On the other hand, when you feel joyful then you are attracting more joy into your life and this joy will manifest in many different ways.

The Law of Attraction is like the Law of Gravity. Gravity is neither good nor bad. Gravity just is. You can use gravity to have fun, like skiing down a hill. Attraction is the same way. You can choose how you'll interact with it. When you become conscious of what you are feeling you can begin to consciously attract more of what you desire.

For instance, if you're on a dysfunctional team and you're angry and upset about it then you are going to attract more dysfunction. The path out of this cycle is to imagine, with as much clarity and emotion as possible, that the team is running perfectly. Imagine what it feels like when all of the team members are caring, respectful, creative, courageous and wise. Imagine this situation frequently and enjoy the feeling. When you do this you will attract the people, situations and resources necessary to create a high functioning team.

Would you like to learn more about the Law of Attraction and how you can put it to use in your life? Team? Business? Through my coaching program I can teach you how to attract that which you desire (rather than chasing it). Send me an email and let's schedule a time for an introductory coaching session.

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