



No “I” In Team

More Game Resources: [CQII.org](https://www.cqii.org)

Fun Scale ● ● ● ● ○

Ease of Play Online ● ● ● ● ○

Connection to QI ● ○ ○ ○ ○

Type of Game: A game to get to know each other and strengthen communication skills

How Long: 10-15 minutes

Learning Objectives

- Engage and familiarize participants with each other in an interactive icebreaker
- Learn how to constrain egos and improve their listening skills by gaining awareness of how often they tend to talk about ourselves
- Foster an environment that promotes participants to be comfortable with each other
- Learn to be conscious of their language and word choice during conversations

Suggested Audiences

Anyone, whether clinical or administrative staff, QI team members, managers, people with HIV, etc. This game is geared towards people who are looking to learn or get to know each other.

History and More Information

This game was found in the book “Do-It-Yourself Team Building Games, Icebreakers, Energizers, and Closing Activities” which was compiled by David Greenberg.

Materials

For this game, you will need:

- Pre-arranged fun conversation topics; use provided examples (targethiv.org/virtual-game-guide) or create your own
- CQII instructional slides and additional resources (targethiv.org/virtual-game-guide)
- Zoom account (or other video conferencing platform) with breakout room access
- Access to a computer and/or handheld mobile device, and internet connection

Preparation

To prepare for this session:

- Familiarize yourself with the game’s structure
- Prepare the game:
 - Read through the game instructions and key teaching points in its entirety
 - Practice the game itself
 - Practice presenting the key teaching points

Playing the Game

Welcome and Introductions

To begin the game, welcome participants and thank them for their participation. If necessary, ask individuals to introduce themselves to the group.

Agenda

Provide a brief description of the game's primary components:

1. Setting the stage for the interactive exercise
2. Playing the No "I" in Team game
3. Debrief and discussion on what lessons are learned and how they apply to HIV care
4. Feedback and close

The Game

Step 1: Provide a brief introduction of the game to participants, including the instructions and rules to play

Step 2: Instruct participants to engage in conversations with an assigned partner, but neither of them may utter any of the following words: I, Me, My, Mine. In addition, participants may not pause for more than 3 seconds. The first person to say one of the banned words or to pause for more than 3 seconds will be "out of the game," and the other participant wins the game.

Step 3: The facilitator informs the group, or all pairs, about the first topic of conversation or exclaims an interesting question; post the question in the chat room

Examples:

- If you could be anywhere in the world right now, where would you choose to be?
- Describe to me your dream vacation
- What is your favorite food and why?
- Tell me about a moment in your life that you are most proud of

Step 4: Play this game as one group in the Zoom main room by identifying two participants with everyone listening in or ask participants to work in pairs using the Zoom breakout rooms

- If playing as one large collective group, ask the first question to the first two participants and after this round is completed, identify the next two participants from the group and post the next question in the chat room
- If playing in pairs, bring all participants back into the Zoom main room after 3 minutes

Step 5: Consider playing multiple rounds and advance the 'winners' to the next round and keep track which participants remain in the game. The participants with the most 'wins' are the winners of this game.

Debrief and Discussion

- Ask the participants, what did they observe? What was the hardest part?
- How do you feel when talking to someone who overuses these words? What can we do to focus more on others when communicating? What might that do for our relationships?
- How does this game apply to HIV care and/or your HIV program?

Feedback and Close

- Ask your audience for feedback on whether this session met its objectives; take note of their responses and keep it for your use in the future
- Schedule an informal follow-up session with any audience member who wants clarification or more information on the game or the concepts you discussed
- Thank your audience and congratulate them on their hard work and success