

Throughout your life, you'll be on teams of one kind or another, and not just in sports. Some of these teams will function well together; their members will be successful in reaching the team's goals, and work together well. Some, not so much. When we're on a team, it can help us to know if the team is weak, strong, "toxic" or a true "dream team". If we know how our team functions, we can more easily figure out our role in helping the team to perform better...

**STRONG TEAMS**

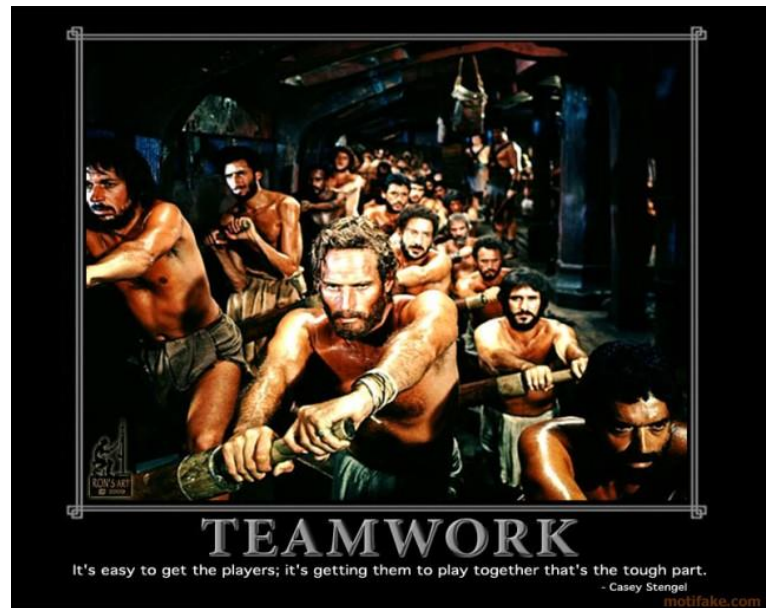
What does it mean to have a **strong team**? \_\_\_\_\_  
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Think of the teams you've been on/groups you've been in. Which one would you say was the **strongest**? \_\_\_\_\_  
 \_\_\_\_\_. What made it that way? \_\_\_\_\_  
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**WEAK TEAMS**

What would it look like if you were on a **weak team**?  
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Have you ever been on a **weak team**? \_\_\_\_\_  
 If so, what happened? How did the team do in reaching its goals? \_\_\_\_\_  
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**TOXIC TEAMS**

What can corrupt a team's attitude? To think of it another way, what are some of the attitudes and behaviors that can make a **strong team** into a **weak team**? \_\_\_\_\_  
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If you found yourself on one of these **toxic teams** what would you do? \_\_\_\_\_  
 \_\_\_\_\_

**DREAM TEAM**

Think of a **dream team** of your own. What would that team's goal be? \_\_\_\_\_  
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 \_\_\_\_\_

Who is on your **dream team**? \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

What is your role on this **dream team**? \_\_\_\_\_ What is everyone else's role/job? \_\_\_\_\_  
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