



Exploring Leadership

ADAPTABILITY: FLEXIBILITY

Flexibility is one of the most important parts of working on a team. It means stepping up when plans change, jumping in to help, or taking on more when needed. While adaptability is about adjusting to change, flexibility is about being dependable—ready to pitch in, even when it's outside your normal role. It also means being willing to switch gears quickly and stay positive, even when things don't go as planned. Teams grow stronger when people are willing to support each other, no matter what challenges come up.

CONVERSATION STARTERS:

Think of a time when you had to be flexible while working in a team. How did your flexibility help the team? Why do you think being flexible is important when working with others?

Being flexible helps you grow. It gives you the chance to try new things, manage more than one task, and practice solving problems in the moment. The more you step up with a good attitude, the more your confidence—and your teammates' trust—will grow. Learning to be flexible helps you get better at working in different situations and shows others they can count on you.

KEY OBJECTIVES:

- Learn what flexibility looks like in team settings and why it matters.
- Practice being flexible and understand why it is important.

WHAT YOU'LL NEED:

- 20 sheets of newspaper per team
- 1 roll of masking tape per team
- 1 fully inflated beach ball
- Measuring tape (at least 3 feet long)
- Supplies for optional tasks (origami paper, crayons, whiteboard markers)
- Printed instructions for optional activities like folding origami cranes, etc.

EXPLORATION ACTIVITY:

Things don't always go as planned. In this activity, you'll build, adapt, and stay flexible—no matter what's thrown your way.

FACILITATOR TIP:

- Alternative activities might include drawing a picture, folding an origami crane, writing and performing a short song for the group, or rearranging the chairs into a fun new shape.

- Divide participants into teams of 6–8 people.
- Give each team 20 sheets of newspaper and a roll of masking tape.
- Each team needs to build a tower at least 3 feet tall that can support a beach ball for 10 full seconds.
- Teams have 10 minutes to design, build, and test. They may ask the facilitator to test their tower at any time.
- If the tower holds the beach ball, they pass. If it doesn't, they can keep rebuilding until time is up.
- Without warning, pull a few team members out to do a different task—like folding origami, drawing a picture, or moving chairs.
- Let the group know they must keep building with whoever is left. This is where flexibility really matters.
- For an extra challenge, ask some teams to switch towers halfway through and finish what another team started.



REFLECTION QUESTIONS:

Ask the following questions to your group to engage in a discussion about what happened during the activity.

- What did you do during the activity that showed flexibility?
- How did it feel to step into a new role when someone else couldn't do theirs?
- How did you handle being asked to switch focus and work on something new?
- Looking back, what could you have done to make the task smoother when things changed?

APPLICATION DISCUSSION:

- Can you think of a time in your life when being flexible made a difference?
- What habits or skills could help you stay calm and ready when things don't go as planned?
- How can your attitude or actions encourage flexibility in your group or team?
- What steps can teams take to stay prepared so big changes don't throw them off?



CONCLUSION:

Flexibility shows leadership, care, and commitment. When you help your team without being asked, you make a big difference. But being flexible doesn't mean doing everything yourself—it means working together and staying open to change. The more flexible you are, the more others will see you as someone they can count on. A flexible teammate helps the whole group succeed and keeps things running smoothly, even when things get tough.

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REFERENCES

- Venture Team Building, Lift A Beach Ball Team Building Activity: <https://ventureteambuilding.co.uk/lift-a-beach-ball-team-building-activity>