

Lesson plan

Unit 3	Working in teams
Lesson 1	Building Trust and Collaboration
Recommended lang. level	B2, C1, C2

<p>Outcomes</p> <p>After this lesson, students will be able to:</p> <ul style="list-style-type: none"> • Build and work effectively in a team • Demonstrate trust and collaboration in group tasks • Use clear and supportive language to guide others • Give constructive feedback in challenging situations • Reflect on leadership qualities related to trust and communication
<p>Resources</p> <ul style="list-style-type: none"> • <i>Building Trust and Collaboration video presentation</i> • <i>Inspirational teamwork / leadership video</i> • <i>Post-it notes</i> • <i>Blindfolds or eye covers (optional)</i> • <i>Student Handout: “Crossing the Amazon River”</i> • <i>Student Handout: Rapporteur Sheet – Building Trust and Collaboration</i> • <i>Slides: Let’s get ready, Let’s start, Let’s discuss, Let’s reflect</i>

Frameworks connections

Cambridge Life Competencies Framework: creative thinking, critical thinking, communication, collaboration, learning to learn, social responsibility

Cambridge Employability Skills Framework: collaboration and teamwork, communication, critical thinking and problem-solving, leadership and initiative, self-management and resilience, creativity and innovation

SPIRE Framework: setup, perform, inspire, review, empower

Duration	90 min	
Overview	Stage	Timing
	Introductory discussion	5 min
	Video & initial reflection	10 min
	Language of encouragement	10 min
	Team challenge: Crossing the Amazon	30 min
	Rapporteur reflection & discussion	15 min
	Conclusion	10 min
	Individual reflection	10 min

Procedure			
Stage	Aim	Duration	Procedure
1. Introductory discussion	<ul style="list-style-type: none"> To introduce the lesson topic To activate students' background knowledge on 	5 min	Show the "Let's get ready" slide and briefly present lesson objectives. Ask students: <ul style="list-style-type: none"> What does trust mean in a team? What happens when trust is missing? Students discuss



	teamwork and trust		briefly in pairs, then share ideas with the class.
2. Video & initial reflection	<ul style="list-style-type: none"> To inspire students To introduce key ideas related to collaboration and leadership 	10 min	Show the “ <i>Let’s start</i> ” slide. Play a short inspirational teamwork video. Students work in pairs and write 2–3 key words or phrases that stood out on post-its. Post-its are placed on the board and grouped together (e.g. trust, support, communication).
3. Language of encouragement	<ul style="list-style-type: none"> To focus on positive and motivating language To prepare students for the team challenge 	10 min	Discuss the words on the board: <ul style="list-style-type: none"> Which words build trust? Which words motivate people? Elicit examples of encouraging phrases leaders can use (e.g. <i>You can do it, We’re doing great, Keep going</i>).
4. Team challenge: Crossing the Amazon	<ul style="list-style-type: none"> To practice trust, leadership, and communication To apply encouraging language in a 	30 min	Distribute Student Handout: “Crossing the Amazon River” and explain the scenario. Students form small groups. One student is chosen as

	realistic scenario		<p>the leader; the others close their eyes or wear blindfolds.</p> <p>Only the leader can see and guide the team verbally across the “river”.</p> <p>Assign one student per group as rapporteur and give them HO1 – Rapporteur Sheet</p> <p>The rapporteur observes and completes the handout during the activity (teamwork, encouragement, leadership behaviors).</p>
5. Rapporteur reflection & discussion	<ul style="list-style-type: none"> To reflect on teamwork and leadership To encourage constructive feedback 	15 min	<p>After the activity, students sit in groups.</p> <p>Rapporteurs use their completed sheets to report:</p> <ul style="list-style-type: none"> How well the team worked together Who encouraged and supported others What language helped most <p>Brief whole-class discussion follows.</p>
6. Conclusion	<ul style="list-style-type: none"> To consolidate learning To highlight key leadership behaviors 	10 min	<p>Teacher summarizes main ideas:</p> <ul style="list-style-type: none"> Trust grows through communication



			<ul style="list-style-type: none"> • Encouraging language matters • Leadership means supporting the whole team <p>Students share one key takeaway from the lesson.</p>
7. Individual reflection	<ul style="list-style-type: none"> • To encourage self-assessment • To reinforce lesson outcomes 	10 min	<p>Show the “<i>Let’s reflect</i>” slide.</p> <p>Students individually reflect and tick statements such as:</p> <ul style="list-style-type: none"> • I can support my team • I can use encouraging language • I can help build trust in a group <p>Optional: students write one sentence about how they want to improve as a team member or leader.</p>

<p>Additional considerations</p> <ul style="list-style-type: none"> • Rapporteur role ensures inclusion and reflection • Blindfolds are optional for student comfort • Emphasize respect, safety, and positive language throughout
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