

SHOW and TELL [10-15+ min]

Supplies: None

Topic/Message: Communication, Connection

Directions:

- Select a few participants to go as activity could get tiresome if everyone is just waiting for their turn. Do this over the course of a few meetings. Be strategic with your first participants who go as they'll set the example on how other participants will do this.
- Participants can show an object from their home that is bringing them joy and/or best represents them. Give them a few minutes to show the object and talk about that (you know, like how we did way back in elementary school).
- Consider allowing a few questions and/or a chance to praise in the comment section.
- *Special note: Remember that not all home life is the same so be aware of your population and how this is done. Participants should always know in advance that they are going so that they can be prepared to have the thing with them or be near it.*

Home Scavenger Hunt [10-15 min]

Supplies: None

Topic/Message: Thinking on feet. Having fun

Directions:

- Have participants self-label themselves into teams (ie change names in Zoom)
- Instruct people to find various things in their homes.
- Scoring can be done a number of ways.
 - First team back gets a point
 - Points come back in descending order 1st place=3pts, 2nd place=2 pts, 3rd place= 1 pt
 - First COMPLETE team to bring something back gets a point
 - A certain number of points are available (i.e. first 5 people back each get a point for their team so it would be possible for teams to get multiple points).
- Consider varying the point scoring for various rounds to A) make people feel they are always still in the game and B) to keep the activity engaging.
- *Special note: Really consider your list and the fact that not everyone has the same home environment. Be purposeful in having some items on a list that might just require a person to be creative than to have anything around them.*

Communication Drawing [10-15 min]

Supplies: Pencils & Paper

Topic(s)/Theme(s): Communication/Connection, Observation/Listening, Perspective

Directions:

- Create a master drawing using basic shapes, lines, and various parts of the page.
- Select one participant to describe the drawing and text/message them the drawing
- Allow only him/her to see the drawing. Silence any chat function during this.
- Have him/her describe the drawing to the larger group, but do not allow any questions to take place or discussion by any of the drawers.
- Show master drawing to entire group and compare results.
- *Variation: Do a second round, but allow clarifying questions from the group. You can limit these to simple "yes" or "no" questions or allow more in depth questions.*

4UP/4 Hands [10-15 min]

Supplies: None

Topic/Message: Thinking on feet. Having fun. Observation. Diversity. Inclusion.

Directions:

- Be creative and think about which version would work best based on your set up.
- Create limits
 - “Exactly 4 people must be standing on our call at the same time/but they can’t be in the same Zoom Column in gallery view”
 - OR “Pick a raised fist, a raised open hand, a lowered hand, or a hand on your ear—display it—you can’t have two of the same in your same Zoom row.”
 - Adjust accordingly
- People’s screens will all look different so people should be constantly trying to change to make it work.
- Discussion: Consider what the “common” things are within the group and how you can work to make your organization and community more diverse and even better—more inclusive.

FUN FACTS MEMORY [10-25+ min]

Supplies: Paper/Pen or (Zoom Labels)

Topic/Message: Connection, Memory, Focus

Directions:

- Prior to the meeting have each participant message you a fun fact about them and their name. Create a master document so you can facilitate/review.
- During the meeting have each student make a sign to hold in front of their camera with their fun fact OR quickly switch their Zoom name to that fun fact.
- Give students a few moments to look and facts and scroll through (keeping in mind that if they are holding a sign it may take them longer to scroll and/or they may need to hold up their sign better for others to see)
- Try to prevent screen shots during this time by just encouraging people to learn about other people’s fun facts rather than “Memorize” them
- Divide the group into two “teams”
- Teams take turns. As facilitator you can either call out someone’s name and have the team representative see if they can guess that person’s Fun Fact or you could list the Fun Fact and see if a person can name the name.
- If correct, they get a point for their team and potentially someone else from their team gets an additional turn.

Fast Finger [2-3 min]

Supplies: None

Topic/Message: Success, Rushing to Conclusions

Directions:

- Assign partners (make sure both people can see each other in the video)
- Each person places both hands behind back
- Say the following instructions: “I’m going to count to three and say the word GO. When I say go, you’ll take out one of your hands and display a number of fingers 0-5. Between the two of you, there will be a total number of fingers 0-10. First person to add it up and shout out that sum wins.”
- Tips
 - Do 3-4 Rounds.
 - Final round do BOTH hands (final total 0-20)
 - During instructions, it can be fun to crack a *The Princess Bride* six finger man joke and/or fingers that are “appropriate for school”

Out of the Room Guessing Games (single guesser) [5 min]

Supplies: None

Topic/Message: Communication

Directions:

- This works best with smaller groups (i.e. 10-20 people). If possible, you could have three breakout rooms do this simultaneously as long as each breakout has someone who knows how to facilitate this.
- “Guesser” leaves the space (you could do this in a technical way or just trust them to walk away from their internet connection for a bit).
- There are a number of different versions of these types of activities and you can choose which one it is. Potentially having to identify the category that everyone knows, decide who the “assassin” is, play 20 questions, etc. Just decide which version you like best.
- Special note: if you do this, make sure each guesser is excited to be the guesser. This should never be done to make someone feel “stupid” or that they don’t know the “trick.” Instead, it should be someone who is excited to try to solve that problem. Consider having more experienced officers be the first to go and only ask if there are volunteers from new members. Never force someone to do this.

Inside/Out Paper or Paper Masks [15-30 min]

Supplies: Pencils & Paper (*Scissors if doing mask)

Topic(s)/Theme(s): Assumptions, Perspectives, Trust/Comfort Zones, Empathy/Inclusion, Connection

Directions:

- Each participant folds their paper in half “hot dog style”
- On the outside part, participants write how the world sees them
- On the inside part, participants write things that people don’t know about them and/or things people wouldn’t know just by looking at them
- Participants share small groups (consider making this a breakout activity)
- *Variation: Use scissors to cut out a mask. The visible side is what the world sees, the side closer to the participants face is for the unseen information.*
- *Special note: This is an activity to do deeper into the group development. Do not do this as an early activity.*

Group Match Face [5 min]

Supplies: None

Topic/Message: Connection

Directions:

- Teach the three signs “Surfer, Lifeguard, Shark” and Hand Motions that go with them
- Have participants cover their screens or turn around from them. Tell them that you’ll count to three, they’ll jump around, and the goal (WITHOUT TALKING) is to match up with as many people as they can.
- Do three rounds, checking in after each round to see who matched up
- Make it fun and quick.
- Potential Discussion: Talk about how it felt when you saw others doing the same as you. What about when you were the only one doing a particular sign or doing a sign that most of the group wasn’t doing? When does this happen on our campus? How can we make others feel more included?

4 Letter Words [5 min]

Supplies: None (Ideally group is not divisible by four—5-7 is ideal)

Topic/Message: Creativity, Brainstorming, Communication

Directions:

- (this could work as a smaller group activity or you could highlight some “speakers” in a Zoom meeting. Groups will spell four letter words (clean ones!) as quickly as possible
- Since you can’t stand in a circle, establish an order (as not everyone sees the same people displayed on screen in the same way)
- Each group member will provide one letter
- After the fourth participant provides the fourth letter, the entire group says the word (whatever it may be—unless it is dirty or inappropriate)
- The fifth participant then provides the first letter of the next word and so on.
- Object is to go as quickly as possible
- The second priority is to spell real words (it is amazing if you actually get more than 2 real words in a row)
- Potential Discussions/Points: *We will all mistakes. The challenge we face is moving on from the mistakes and continuing to add energy to the group. Each one of our contributions makes an impact and that impact can be pretty incredible.*

Group Poignant Pictures [3-5 min]

Supplies: None

Topic/Message: Communication, Non-verbal

Directions:

- After hearing situation, participants quickly turn around, and show “poignant picture” face
- Some potential situations: won the lottery, new Nintendo switch arrived, computer crashed before you could print out research paper, crashed parent’s car, received a car for birthday, about to go bungee jumping, just realized the seat of your pants has been ripped open all day, accepted to college of your choice, etc.
- Potential Observation: How much do we communicate with just our face?

BREAKOUT ROOMS

The following activities work best in a Zoom breakout room. While some could work on just smaller calls, this would be best served with utilizing the Zoom breakout feature and either preassigning groups based on the preregistration to a call, or utilize the random grouping features but keeping the quantity of people in the right amount for each activity.

These are also a great way to break up a longer meeting.

It Ain't Me [15 min]

Supplies: Paper/Marker/Crayon for Each participant

Topic/Message: Communication, Introduction, Assumptions

Directions:

- Mute everyone's sound.
- Instruct everyone to show everything about herself (family, hobbies, hopes for future, work, etc.). Give them only 1-2 minutes maximum to draw—pictures, not writing
- Return larger group. People briefly (30 seconds) introduce a partner using only the information she gathered by looking at the drawing displayed on the screen. Drawer then is unmuted and has 30 seconds to clarify.
- *Note: This normally is a pairs activity where a pair watches their partner draw in silence and then vice versa. It could work in a virtual environment as well with breakout rooms but might get tougher to monitor cheating in chats and such. This is the best when participants are necessarily accurate but enjoy making mistakes together.*

Unique Similarities [10-15 min]

Supplies: Marker/Larger paper for group

Topic/Message: Communication, Introduction, Connections

Directions:

- Instruct participants that they will soon create a list of “unique similarities” that EVERY member of your breakout group has in common. Examples: *All born on an odd date of the month, all own Titanic on DVD, all can curl tongue, etc.*
- Break into groups of 7-10 participants (8-9 is ideal for this)
- Challenge your group to be as creative as possible—going for quality over quantity and trying to come up with the best unique similarity to share with the larger group
- *Note: the beauty of this activity isn't the final result (which is often very funny), but rather the quick exchanges in between where people learn rapidly and regularly things they have with 2-6 other people in their group*

Lost on the Moon (Survival) [15-20 min]

Supplies: Lost on the Moon handout for each participant. Solution Guide (email me pm@pmaurer.com for this particular one—but honestly you can find a bunch of these survival supply challenges online with a simple search.

Topic/Message: Communication, Decision Making

Directions:

- Distribute handout to each person via something like Google Docs.
- Give participants 4-5 minutes to answer individually at first
- Break into groups of about 4-6 participants (smaller is better here to keep people engaged)
- Regroup and discuss as a group for 8-12 minutes and come up with an official group answer.
- Return to large group
- Compare results with NASA (or whichever one you do) experts
- Discuss decision making process. What worked well? What didn't? Why or why did you feel heard? What can we do in the future to make better decisions together?

Four Square Questions [5-10 min]

Supplies: None

Topic/Message: Communication, Teambuilding

Directions:

- (you'll eventually want groups of ~4)
- Remind participants about the four square game played in elementary school and basic rules—no hit backs, had to keep the ball inbounds (couldn't hit it too hard or too soft).
- Encourage participants to begin to do questions with that in mind. Person going first “hits” the first question to someone. Questions shouldn't be too soft (*what's your favorite color?*) or too hard (*what do you hate about yourself?*), but should be somewhere in the middle (*what's something you enjoy doing in your free time?*).
- Once that person has replied to that question he/she “hits” a question to someone else (but not to the person who just asked the question). Ideally he/she asks a different question.
- Participants take turns “hitting” questions around the group.
- Break groups out into groups of four (a group of 5 could work for this, but probably not six as you want more frequency with answering and asking questions)
- First person to “raise their hand” as the ball and asks the first question.

Goal, Fear, Success, Dream [10-15 min]

Supplies: None

Topic/Message: Relationship Building

Directions:

- Share your own examples of GOAL, FEAR, SUCCESS, DREAM (repeat the four categories many times in your explanation as it helps the group remember them).
- Encourage groups to figure out mini ways to celebrate while on their own breakouts
- Preselect or use the random feature to get groups into groups of four (if you have an odd number, it's better to have 2-3 groups of 3 than one group of 5)
- Encourage Group to ask follow-up questions if person finish before time is called and you return to large group
- Each person gets his/her 1-1.5 minute to share his/her GOAL, FEAR, SUCCESS, DREAM & then a bit of time to celebrate the person
- If group still has overall time remaining before returning to the larger group, encourage them to have a follow-up discussion.
- *Special Note: This is an activity later in the group development process. Some level of trust needs to be developed. It doesn't mean you can't do it within the first 2 hours of a teambuilding session, you just need to establish tone and respect early in the process (and also possibly do another breakout activity where you establish that you have the ability to pop into any group at any time as the virtual facilitator)*

Mini-Discussion: as we lead we want to help others reach their goals, face their fears, celebrate their successes, and inspire dreaming

reTHINK Observe/Apply [15 min]

Supplies: None

Topic/Message: Problems/Solutions. Observation

Directions:

- This could work best as potential an independent activity that participants return and discuss in groups.
- **OPTION 1: “Normal Times”** Consider what makes great places/companies great. What does Starbucks/Target/Disneyland/etc do well. Pick 3-5 that most students would have had the chance to visit and have each students go deep on 2-4 of them. List as many things as possible and be more general about the experience rather than the product (i.e. at Starbucks I wouldn’t list “the coffee is good,” but rather “I can customize the coffee” or “free wifi”). Each list should have at least 12-15 things on it for each different place/company.
- **OPTION 2: “Current Times”** consider collecting a series of “response” emails from friends that they might have received from different entities (i.e. shopping centers, sports teams, restaurants, museums, amusement parks, etc). Remove all identification from emails and share them with the group. Have participants identify what was good about each email or response and what might be missing. These lists might be smaller only 5-7 things for each company email. This one isn’t as important that the participants have visited the company/place, but rather that they can see the response.
- **SMALL GROUP DISCUSSION:** Have the students grouped together based on place/company with ideally 4-6 in each group to increase participation. It’s okay to have more than one group focusing on the same company/place. Have them share what went well AND then see if they can suggest ways your own group can do similar things.
- **RETURN TO LARGE GROUP:** Have groups report back and make some bigger connections to what you will do throughout the year to better serve your primary audience.

Out of the Room LEADER [10-25 min]

Supplies: None

Topic/Message: Problems/Solutions. Communication

Directions:

- Give an overall framework to this activity. Something like: “you’re going to have to complete a task that only your ‘leader’ will officially know. You must work together and ask good questions.”
- Break students into groups of about 8-12 students.
- Quickly pop into each group and ask for the “leader” and bring them into a special Zoom group with you. Once you have all LEADERS together, give them a task to get their entire group to do. Could be something like “Sing a song from Frozen” “Hold a cup next to your left ear and blink your eyes.” Etc.
- Return the Leaders back into their original groups. This whole process will take a few moments so consider giving all other members a fun discussion question during this time.
- Participants can only ask Yes/No questions or provide some other limitation to make it challenging for the leaders (i.e. “all participants put a post it note over their webcam”—something that makes it challenging for the specific task at hand).
- Provide a limited time to try to get each group to do this, popping in and out of each Zoom breakout to help insure the integrity of it.
- Have each group share their finished result (note: if all groups are doing the same task, consider having them all attempt it at the same time).
- Discuss: What made this challenging? What are the limitations we tend to create for ourselves when we work? What would have made this easier? How can we make our time working easier? Etc.

POTENTIAL CLOSINGS

The following activities could work as a great way to close out a teambuilding session and/or to recognize some people who are leaving your organization.

VIRTUAL CIRCLE OF EXCELLENCE [10+ min depending on # of participants]

Supplies: None OR paper and thick markers

Topic/Message: Appreciation/Recognition

Directions:

- At the end of a session, highlight people. Give the group 1-2 minutes to either write on paper/whiteboard why they like that person and/or flood the chat board with accolades for that person. Potentially let that person say a few words of thanks to the group as well about why they are excited to work with the group this year or why they enjoyed working with the group.
- You could do this with your entire group or just highlight a smaller set of people to prevent the activity from being monotonous and instead encourage more meaningful comments.

Taking Flight [10-15 min]

Supplies: Paper/Pencil for Each participant

Topic(s)/Theme(s): Reflection, Summary, Goals, Problem Solving, Initiative

Directions:

- Make sure everyone has a piece of paper and pencil or pen
- Do activity along with the participants, demonstrating each step
- Instruct participants to fold paper once “hot dog style”
- On the outside of the paper near the back and towards the fold (see ❶) instruct the participants to write two goals they have for the upcoming ASB year (one each side)
- On the inside of the paper near the upper corners (see ❷) instruct the participants to write two potential obstacles for those goals.
- Instruct participants to fold the corners toward the center fold to “make a house”
- On the “house” (see ❸) instruct participants to write two potential people who might assist them in overcoming those obstacles
- Instruct participants to fold the side again to “make a steeple”
- Return the paper to the side (like the second figure on the right).
- Instruct participants to fold the top down to the side.
- On the top (see ❹), instruct participants to write the two first steps to make these goals a reality.
- Hold up your piece of paper and ask the group what you are holding in your hand. Likely response: “A paper airplane.”
- Your reply: “wrong, I’m holding a piece of paper. The only thing that makes this an airplane is if I throw it—if I take action.”
- Discuss the importance of taking action—that the convention means nothing if we as leaders don’t go out and do something about it.
- *Variation: If you have a lot of time remaining, ask participants to share some of the items on their “piece of paper” before or after revealing that they are holding a “piece of paper” not an airplane.*

