

# Ideas for Teambuilding activities using Zoom



P E R S P E C T I V E S

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*No one can whistle a  
symphony. It takes a  
whole orchestra to play it*

*HE Luccock*

## BEFORE YOU BEGIN

### Start with the end in mind...

When it comes to team building, it's important to identify what you want your participants to get out of the experience. Are you looking to simply have people get to know each other better, or have them learn to work together as a team to accomplish tasks? Sometimes the need for team building activities stems from a problem seen throughout the organization, such as lack of productivity or difficulty of cooperation between departments. Determining the outcomes you have for your group, will help you plan and decide which activities are the right fit for the group.

It is also helpful to think about what stage of group development your team finds itself. Are they brand new? Have they been working together for a while? Much like the outcomes, knowing where your group falls on the scale will only help you find the best activities for success.

### Common outcomes



Getting to know you



Improved Communication



Problem Solving



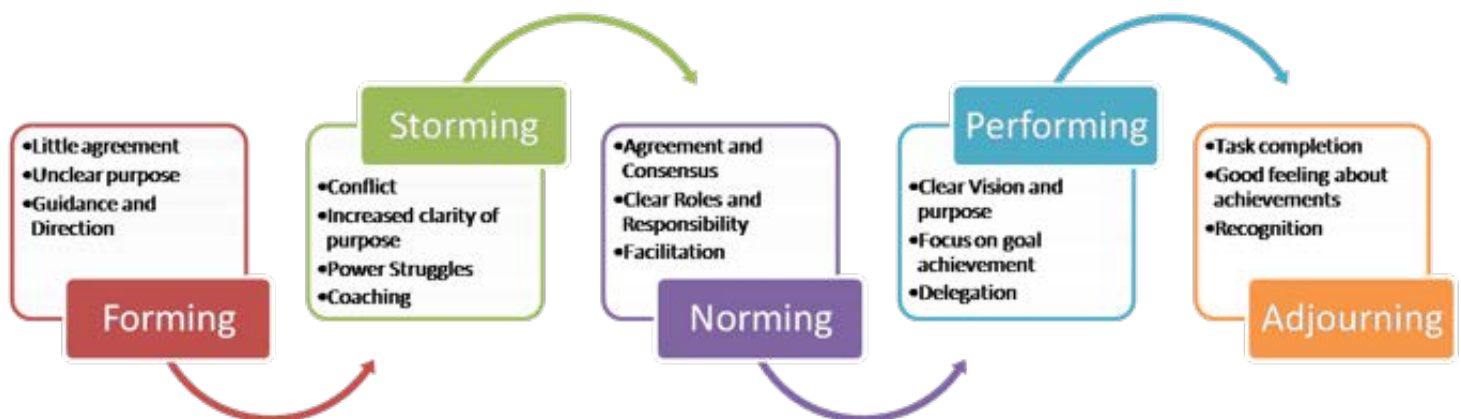
Creativity



Confidence



Fun!



# Virtual Tools

&

# Resources



P E R S P E C T I V E S

### Overview

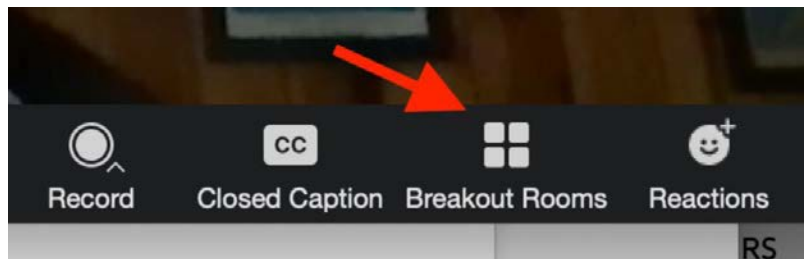
Breakout rooms allow you to split your Zoom meeting in up to 50 separate sessions. The meeting host can choose to split the participants of the meeting into these separate sessions automatically or manually, and can switch between sessions at any time. Breakout rooms can be very helpful when facilitating activities for a large group that may need to be in smaller groups for the objective to be more effective and successful.

### Things to note:

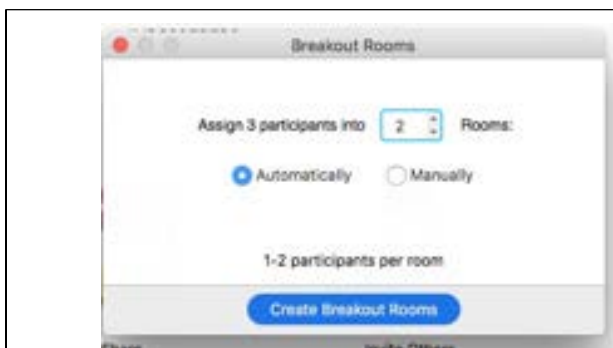
- Make sure you enable breakout rooms when you are initially setting up your Zoom Meeting.
- You can also pre-assign participants into breakout rooms when you are setting up your Zoom Meeting if you would like, instead of managing this process during the meeting.

### Creating Breakout Rooms:

1. Begin your Zoom meeting.
2. When you are ready to send your participants into their Breakout Rooms, simply click on the **Breakout Rooms icon**.



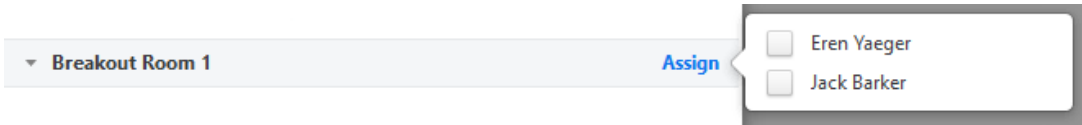
3. Clicking on this icon will open a pop-up window asking you to select the number of rooms you would like to create, and how you would like to assign your participants to those rooms:



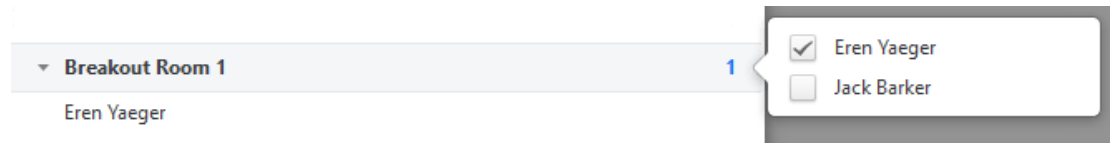
- **Automatically:** Let Zoom split your participants up evenly into each of the rooms.
- **Manually:** Choose which participants you would like in each room.

4. Once you have selected your preferences, click **Create Breakout Rooms**.
5. If you selected to Manually select participants for each room, below are the instructions for assigning participants.

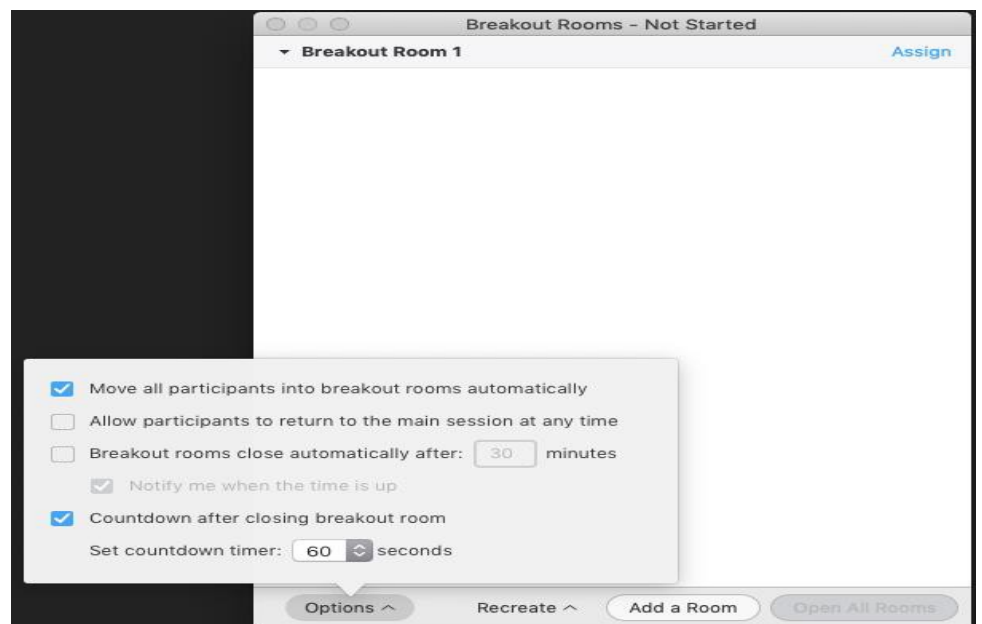
6. To assign participants to your rooms, select **Assign** next to the room you wish to assign participants to and select participants you want to assign to that room. Repeat this for each room



7. Once a participant has been assigned (manually or automatically), the number of participants will show in place of the **Assign** button.



8. Your rooms will be created, but will not start automatically. There are additional options you can manage prior to starting them. Click on Options to view additional breakout room options.



## Option for Breakout rooms

- **Move all participants into breakout rooms automatically:** Checking this option will move all participants into the breakout rooms automatically. If this option is unchecked, the participants will need to click **Join** to be added to the breakout room.
- **Allow participants to return to the main session at any time:** If this option is checked, the participants can move back to the main session from their meeting controls. If this is disabled, they need to wait for the host to end the breakout rooms.

- **Breakout rooms close automatically after x minutes:** If this option is checked, the breakout rooms will automatically end after the configured time.
- **Notify me when the time is up:** If this option is checked, the host will be notified when the breakout room time is up.
- **Countdown after closing breakout rooms:** If this option is checked, the participants will be given a countdown of how much time they have left before being returned to the main room.

Whether you manually or automatically assign participants to rooms, you can rearrange the participants. See the instructions below to rearrange participants. *Participants who are not assigned to breakout sessions will remain in the main meeting when the rooms are started.*

1. **Move to** (participant): Select a room to move the participant to.

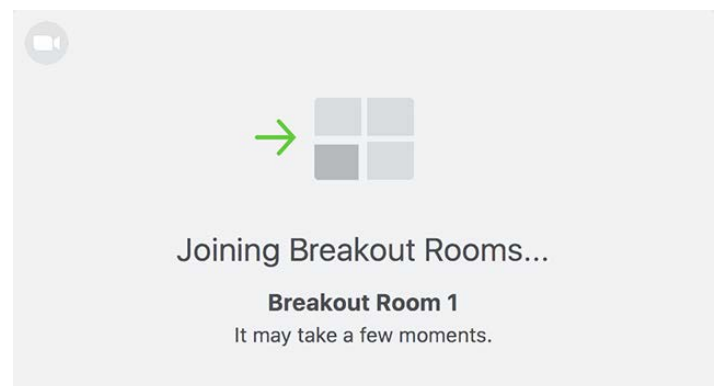


2. **Exchange** (participant): Select a participant in another room to swap the selected participant with.



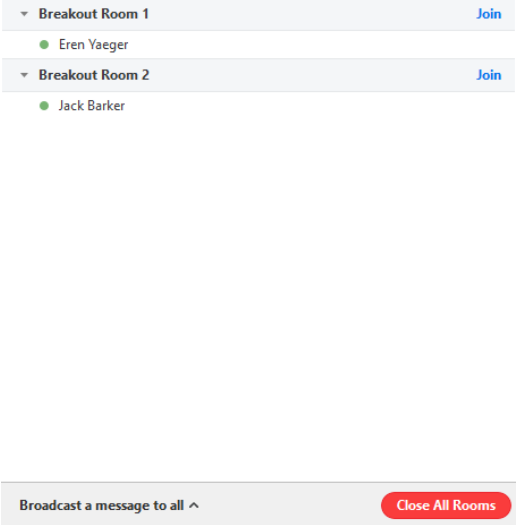

3. You also have the option to **Delete Room, Recreate Room, and Add a Room**

**Open All Rooms** will start the rooms. All participants will be moved to their respective rooms after confirming the prompt to join the breakout room. The host will be left in the main meeting until manually joining one of the rooms. The participants (and the host when manually joining a room) will see the following message shown when joining the breakout room.



## Managing Breakout Rooms in Progress

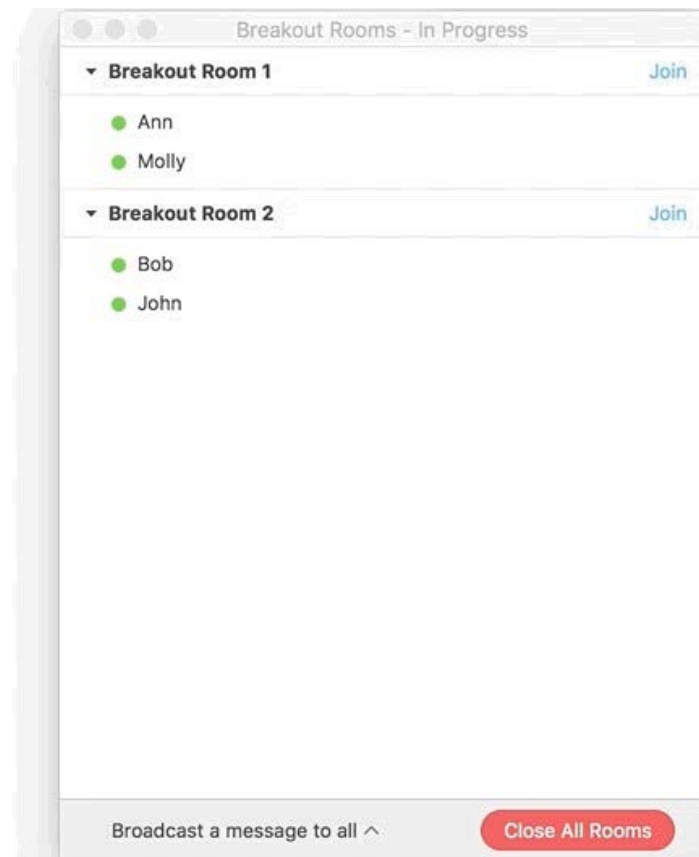
Once the breakout rooms have been started, the participants will be asked to join the Breakout Session. The host will stay in the main meeting until joining a session manually. If a participant has not joined the session yet, it will be noted by **(not joined)** next to their name.

	<ul style="list-style-type: none"><li>• <b>Join:</b> Join the breakout room.</li><li>• <b>Leave:</b> Leave the room and return to the main meeting (only shows when in a breakout room).</li><li>• <b>Close All Rooms:</b> Stops all rooms after a 60 second countdown, shown to the host and participants, and returns all participants back to the main meeting.</li><li>• <b>Responding to requests for help:</b> Participants in breakout rooms can request that the meeting host join their meeting by clicking <b>Ask for Help</b>.  You will be prompted to join the room where the request originated from.</li></ul>
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## Broadcasting a Message to all breakout Rooms

The host can broadcast a message to all breakout rooms to share information with all participants.

1. Click **breakout rooms** in the meeting controls.
2. Click **Broadcast a message to all**, enter your message and click **Broadcast**.

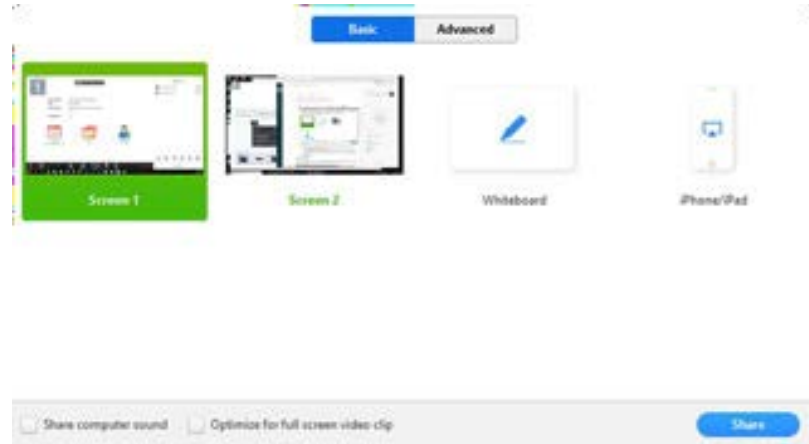
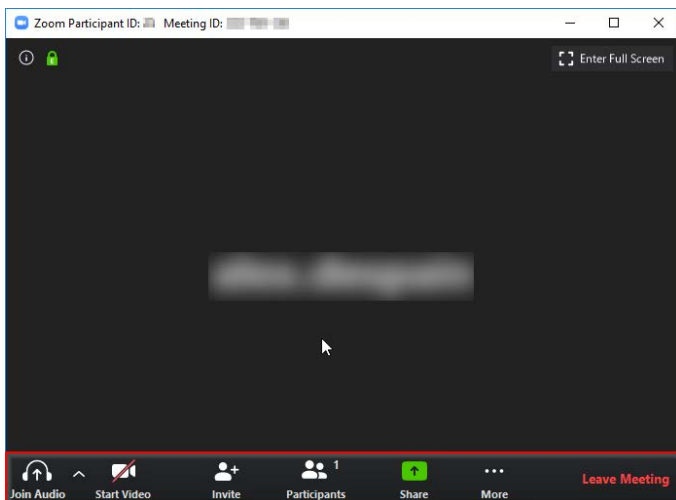




## Overview

The whiteboard feature on Zoom will allow you to share a whiteboard that you and other participants can annotate (draw or type) on. This tool can be helpful for collaborative projects as well as many activities that might involve a drawing or typing element.

## Sharing a Whiteboard



1. Click the **Share Screen** button located in your meeting tool bar.
2. Click **Whiteboard**.
3. Click **Share**.
4. From this shared screen, the screen sharer, and the other participants will have the ability to use the annotation tools, which we will discuss in more detail later in this document.
5. If you would like to use multiple whiteboard pages, use the page controls in the bottom-right corner of the whiteboard to create new pages and switch between pages. *Note: Only the participant or host that started sharing the whiteboard has access to create and switch pages.*
6. When you are done utilizing the whiteboard, click **Stop Share**.

### Overview

Meeting participants can annotate (draw or type) on a shared screen as a viewer, or as the screen sharer. These same tools can also be used when sharing or viewing the Whiteboard, mentioned in the above section. The annotate tool is a great resource for the virtual teambuilders toolbox. It allows your participants to participate in a variety of different ice breakers, brain breaks, and team initiatives just as they would if they were sitting around the table together. It can also be an easy, quick way to get feedback from a large group, without people having to share out one by one.

### Things to Note

Make sure your annotation tool is enabled in your Zoom Settings.

### Accessing Annotation Tools:

1. Once in screen share or whiteboard mode, the annotation controls should be displayed. If you don't see the annotation tools, click Annotate (if you are sharing your screen) or Whiteboard (if you are sharing a whiteboard).
2. While viewing a shared screen or shared whiteboard, click **View Options** then **Annotate** at the top.



*Note: The Select, Spotlight, and Save options are only available if you started the shared screen or whiteboard.*

<b>Mouse</b>	Deactivate annotation tools and switch to your mouse pointer. This button is blue if annotation tools are deactivated.
<b>Select</b>	Select, move, or resize your annotations. To select several annotations at once, click and drag your mouse to display a selection area.
<b>Text</b>	Insert text.
<b>Draw</b>	Insert lines, arrows, and shapes.
<b>Stamp</b>	Insert predefined icons like a check mark or star.
<b>Spotlight</b>	Displays your mouse pointer to all participants when your mouse is within the area being shared. Use this to point out parts of the screen to other participants.
<b>Arrow</b>	Displays a small arrow instead of your mouse pointer. Click to insert an arrow that displays your name. Each subsequent click will remove the previous arrow placed. You can use this feature to point out your annotations to other participants.
<b>Eraser</b>	Click and drag to erase parts of your annotation.
<b>Format</b>	Change the formatting options of annotations tools like colour, line width, and font.
<b>Undo</b>	Undo your latest annotation.
<b>Redo</b>	Redo your latest annotation that you undid.
<b>Clear</b>	Delete all annotations.
<b>Save</b>	Save all annotations on the screen as a screenshot. The screenshot is saved to the local recording location.

## Annotation Settings

If you started the shared screen or whiteboard, click **More** in the screen share controls for these annotation settings:

- **Allow/Disable participants annotation:** Allow or prevent the participants from annotating on your shared screen.
- **Show/Hide Names of Annotators:** Show or hide the participants' name when they are annotating. If set to show, the participant's name will briefly display beside their annotation.

## Overview

The polling feature for meetings allows you to create single choice or multiple choice polling questions for your meetings. You will be able to launch the poll during your meeting and gather the responses from your attendees. Polls are a great way to squeeze in an icebreaker or two at the beginning or throughout a meeting. They are a great way to keep your participants engaged.

## Things to Note

- Participants on the mobile app can use polling, but hosts need to be using the desktop client to manage polling.
- Only the original meeting host can edit or add polls during a meeting. If the host or co-host role is transferred to another user, that user will only be able to launch polls already created.
- Make sure that you have the Polls feature enabled in your Zoom settings.

## Creating a Poll

1. Go to the Settings page of your scheduled Zoom meeting. If you do not have a scheduled meeting, schedule a meeting now.
2. From the meeting management page, scroll to the bottom to find the Poll option. Click **Add** to begin creating the poll.

You have not created any poll yet.

Add

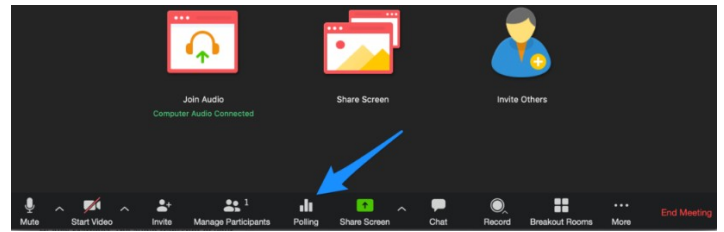
3. Enter a title and your first question.
  - (Optional) Check the box to make the poll anonymous, which will keep the participant's polling information anonymous in the meeting and in the reports.
  - Select whether you want the question to be single choice (participants can only choose one answer) or multiple choice question (participants can choose multiple answers).
3. Type in the answers to your question and click **Save** at the bottom.
4. If you would like to add a new question, click **Add a Question** to create a new question for that particular poll.

6. You can add more polls by repeating Step 2. *Note: You can only create a max of 25 polls for a single meeting.*

- You can also create a poll by clicking **Polling** during the meeting. This will open up your default web browser where you can add additional polls or questions.

## Launching a Poll

1. Start the scheduled Zoom meeting that has polling enabled.
2. Click **Polls** in the meeting controls.



Polling 1: Polling Questions Edit

1. What is your favorite color?

☐ Red

☐ Green

☐ Blue

Launch Poll

3. Not all polls will appear at once, so you will need to select the poll you would like to launch.
4. Click **Launch Poll**.

5. The participants in the meeting will now be prompted to answer the polling questions. The host will be able to see the results live.

Polling Questions in Progress 00:00:19

Attendees are now viewing questions 1 of 1 voted

1. What is your favorite color?

Red	(0) 0%
Green	(0) 0%
Blue	(1) 100%

End Poll

6. Once you would like to stop the poll, click **End Poll**.
7. If you would like to share the results to the participants in the meeting, click **Share Results**.

Polling 1: Polling Questions Edit

Poll closed 1 voted

1.What is your favorite color?

Red	(0) 0%
Green	(0) 0%
Blue	(1) 100%

Share Results Re-Launch Polling 1

8. To launch the next poll, simply follow the instructions above and select the next poll you would like to administer.

### Some other Polling options

There are other online polling platforms such as [www.PollingEverywhere.com](http://www.PollingEverywhere.com) and [www.Menti.com](http://www.Menti.com) that can also be used for instant and interactive answers to questions, with both live and virtual audiences. Questions can be single select, multiple choice, open ended, or even include an interactive map feature!





# Icebreakers



P E R S P E C T I V E S



## GET TO KNOW YOU QUESTIONS!

**CONCEPT:** When it comes to “getting to know you” type of activities, there is a multitude of questions and ways to facilitate. We have put together a list of 75 questions that you can choose from, or feel free to think of your own!

**DIRECTIONS:** There are many different ways you can go about asking these “get to know you” questions:

- Simply listing them out on the screen, and having participants take turns answering them.
- Assigning a question to a number on a die, and then having participants roll the die and answer the corresponding question.
  - o You could use this same concept with lots of things: cards, candy flavors, etc.

### 75 questions options: Left field

1. If you could hang out with any cartoon character, who would you choose and why?
2. If you could add a word to the dictionary what would you add and what would it mean?
3. What clothing item would make you walk out on a date if someone wore it?
4. The zombie apocalypse is coming, who are three people you want on your team?
5. If you could choose your age forever, what age would you choose and why?
6. If you were to change your name, what name would you change to and why?
7. If you could meet any living person for dinner, who would you pick and why?
8. What is your most used emoji?
9. Would you rather have invisibility or flight?
10. Would you rather live where it only snows or the temperature never falls below 100 degrees?
11. Cats or dogs?
12. Teleportation or flying?
13. Would you rather be invisible or be able to read minds?
14. If you could be an animal, what animal would you be and why?
15. If you could bring back any fashion trend what would it be?
16. What's your best scary story?
17. If you had 25 hours a day, how would you use your extra time?
18. If you could commit any crime and get away with it what would you choose and why?
19. How would you spend a million dollars? How about a billion?
20. If you could be any supernatural creature, what would you be and why?
21. If you could change places with anyone in the world, who would it be and why?
22. If you could kill any fashion trend forever what would it be?
23. If you had to delete all but three apps from your smartphone, which ones would you keep?
24. What skill do you think everyone should have?

### **75 questions options: Food & Drink**

1. If you were a vegetable, what vegetable would you be and why?
2. If you had to eat one meal every day for the rest of your life what would it be?
3. Coffee or tea?
4. What's the weirdest food you've ever eaten?
5. How do you like your eggs?
6. What are your three favourite foods?
7. What are your three favourite drinks?
8. What is your favourite meal to cook and why?
9. What's your favourite breakfast cereal?

### **75 questions options: Entertainment**

10. If you could be in any movie, what would it be and what character would you play?
11. Which actor would you want to play you in the movie about your life?
12. If you were a wrestler what would be your entrance theme song?
13. If you were a superhero what would your name be?
14. If you were a superhero what would your superpower be and why?
15. You have to sing karaoke, what song do you pick?
16. What fictional world or place would you like to visit?
17. What is your favourite TV show?
18. What are you reading right now?
19. What book did you read that changed your life the most?
20. What movie have you seen recently that you would recommend and why?
21. What is your favourite sport to watch and why?
22. If you could see one movie again for the first time, what would it be and why?
23. If you had to play one album forever which one would it be?
24. Which song can you listen to all day long?

### **75 questions options: Fame**

1. Have you ever been told you look like someone famous, who was it?
2. You have your own late night talk show, who do you invite as your first guest?
25. What would the title of your autobiography be?
26. If you were famous what would you be famous for?
27. What would you do with your "15 minutes of fame"?
28. If you could be on a reality TV show, which one would you choose and why?
29. If you could be any sports personality who would it be and why?

### **75 questions options: Personal**

30. What's the best piece of advice you have ever been given?
31. If you could change one thing about yourself what would you choose?
32. If you had to teach a class on one thing, what would you teach?
33. If you could eliminate one thing from your daily routine, what would it be and why?
34. If you could be guaranteed one thing in life (besides money), what would it be?
35. Would you rather lose all of your money or all of your pictures?
36. Would you rather be the funniest or smartest person in the room?
37. If you could pick up a new skill in an instant what would it be?
38. What's the best advice you've ever heard?
39. What is your absolute dream job?
40. If you were independently wealthy and didn't have to work, what would you do with your time?
41. Are you a good dancer?
42. How would your friends describe you?
43. What would you like to be known/remembered for?
44. What would your dream house be like?
45. What sport would you compete in if you were in the Olympics?
46. What languages do you know how to speak?
47. Do you collect anything?
48. What would you like to do when you retire?
49. What is the best perk you have ever enjoyed at a job?
50. If you could magically become fluent in any language, what would it be?
51. If you could instantly become an expert in something, what would it be?
52. What's your favourite colour and how does that colour make you feel?
53. What is your favourite time of the day and why?

### **75 questions options: Travel**

54. If you could live anywhere on this planet, where would you choose to live?
55. If extra-terrestrials landed on earth and offered to take you with them, would you go?
56. If you could go to Mars, would you? Why or why not?
57. If you could have the power of teleportation right now, where would you go and why?
58. Would you rather live in the ocean or on the moon?
59. If you were stranded on a desert island, what three items would you want to have with you?
60. What's your favourite place you've ever visited?
61. What is your favourite season of the year and why?
62. What is your favourite holiday and why?
63. What's your favourite place of all the places you've travelled?

## 75 questions options: History

64. If you could meet any historical figure, who would you choose and why?
  65. What is the meaning of your name?
  66. As a child, what did you want to be when you grew up?
  67. If you had a time machine, would go back in time or into the future?
  68. What was the first thing you bought with your own money?
  69. What's your favourite family tradition?
  70. Who had the most influence on you growing up?
  71. What's your earliest memory?
  72. If you had to lose all your memories which one would want to lose last?
  73. What was the worst job you ever had?
  74. If you could choose any historical figure to be your imaginary friend, who would it be and why?
  75. If you could be 10 again, knowing what you know now, what would you do?
- 

## STAND UP IF...

**CONCEPT:** This is the age-old game of “have you ever” but with a twist. It is simple to incorporate into the virtual world, and can also be a great way to get folks out of their chairs and moving around.

**DIRECTIONS:** Create several 'have you ever...' prompts in your slide deck. Invite participants to stand up on the prompts they have done. This creates more movement into your presentation. Encourage participants to move their chairs about 3 feet away from the camera so you can still see their full body when they stand up. There are a few example prompts below.

*Stand up if you have ever...*

1. Eaten a whole pizza by yourself.
2. Cried during a Pixar movie.
3. Smuggled food or candy into a movie theatre.
4. Tried to cut your own hair.
5. Re-gifted something that was gifted to you.
6. Been to Mt. Rushmore.
7. Gone skydiving.
8. Sung karaoke.
9. Missed a high five.
10. Traveled to a different country.



## THE HOT SEAT

**CONCEPT:** An interactive get to know you game, where the participants come up with the questions.

**DIRECTIONS:** Have participants volunteer to be in the “hot seat” one at a time. Set a timer for 60 seconds, and during that 60 seconds the other participants are able to ask the person in the “hot seat” questions. The goal for the person in the “hot seat” is to say “umm” the least amount of times in their responses. Have a designated “umm” counter in your group, and keep tally as each person takes their turn in the “hot seat”!



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## TWO TRUTHS & A LIE

**CONCEPT:** This is an incredibly easy ice breaker game to play that does not require any materials, just a group of people.

**DIRECTIONS:** Have each participant introduce themselves by stating two truths and one lie. They don't have to be intimate, life- revealing things, just simple hobbies, interests, or past experiences that make each person unique. The lie can be outrageous, wacky, or sound like a truth, making it even harder for the other participants who have to guess which statement is a lie. Each participant then shares out one at a time, and the group has to guess which statements are true, and which statement is a lie.

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## PERSONAL ARTIFACTS

**CONCEPT:** A quick game for folks to get to know each other, utilising the things around them.

**DIRECTIONS:** Using only what they can find in their bag, room, or house, have the participants build something that represents them. Give the participants 1-2 minutes to work on their creations, and then have everyone go around and share it out to the group!

## PENNY FOR YOUR THOUGHTS



**CONCEPT:** Another quick and easy icebreaker activity that requires little to no equipment/props.

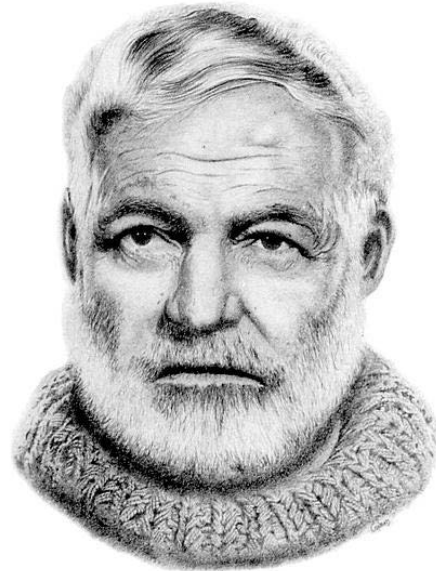
**DIRECTIONS:** Ask each participant to find a penny, or provide images of coins with different years on them. Ask participants to look for the date on their coin and share with the rest of the group something significant or interesting that happened to them in that year. If the penny is dated before you were born, think about what happened in the world that year that might have had an impact on your current life. Have participants share their responses with the group.

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## SIX WORD MEMOIR

**CONCEPT:** Legend has it that Ernest Hemingway used six words to pen his shortest work of fiction: For sale: baby shoes, never worn. Take the idea of the six-word memoir and turn it into an introduction game for your students.

**DIRECTIONS:** Have participants take a few minutes to create their six word memoir that best represents them. It could be six separate words they feel describe them, or a phrase that encompasses their life or experiences. Once participants have come up with their memoir, have them share them out to the group!



# Brainers



P E R S P E C T I V E S

## CHANGE THREE THINGS

**CONCEPT:** A brain teaser, great for taking a break during a meeting while connecting with others in your group.

**DIRECTIONS:** If in a larger group, break up folks into groups of 2-3 people. (You can utilize the breakout rooms if facilitating virtually). Select one person to go first. Have them use their video and allow the other folks in the room to look at them for 10-15 seconds. Then, have the person turn their video/camera off, and change three things about their appearance. Have the person return to the group with their video/camera on, and have the others try and guess the three things they changed. Then rotate through until everyone in the smaller group has had a chance to change three things.

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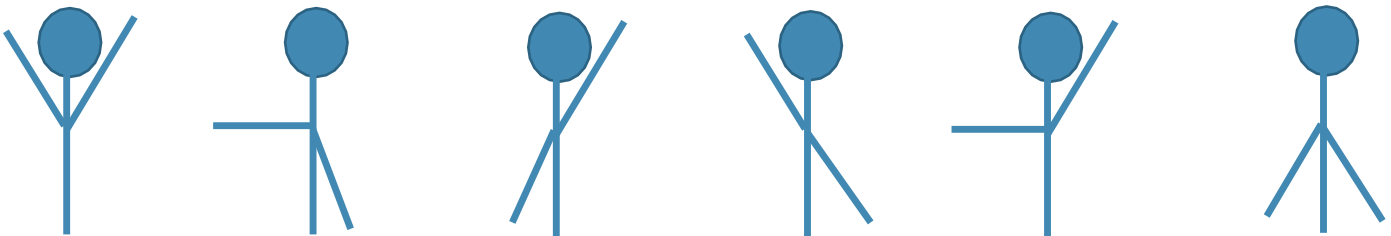
## SIX COUNT

**CONCEPT:** A short activity that requires concentration and multi-tasking. This is an excellent brain break or warm up activity for participants.

**DIRECTIONS:** The goal of Six Count is to have an individual or team work together to a full six count. Instruct the participants to stand up, and let them know you are going to test them on team coordination. The test is simple. First, let them know that their right arm will be placed in only two positions – either straight up by the ear or straight down by the waist. The left arm will be in three positions, straight up by their ear, out to the side like an airplane wing or straight down by the side. When instructed they will move their arms to the corresponding positions on each beat, from one to six.

Left Arm	Right Arm
Up	Up
Side	Down
Down	Up
Up	Down
Side	Up
Down	Down

Both the left and the right arms have to move at the same time with each count. As the laughter settles down have everyone try. Once done with practicing, ask for six volunteers to come to the front and demonstrate for everyone. See if you can get everyone to get through a count without messing up!



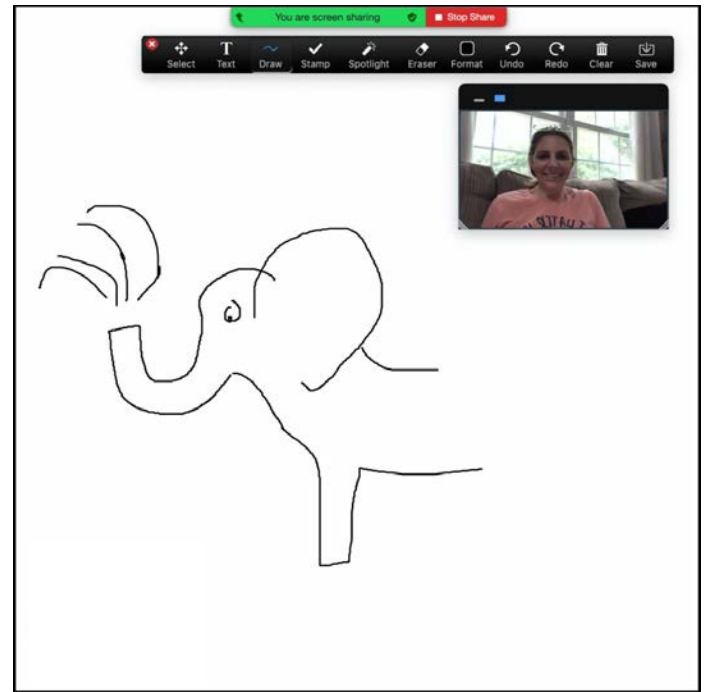


## PICTIONARY

**CONCEPT:** Test your participant's virtual drawing skills!

A classic party game that can be used to during meeting breaks or to build some comradery with your participants.

**DIRECTIONS:** Have the host or facilitator navigate to Zoom's "whiteboard" through the screen sharing feature. To get there click the share screen button located in your meeting toolbar, select the whiteboard, and click share. Utilize the annotation tools, which will let you use your mouse to draw as you would for Pictionary. Have participants take turns using their annotation tools to draw on the whiteboard. Have participants come up with their own "things" to draw, or have someone privately message the drawer the thing they should draw. You can also put some in charge of keeping time for the person who is drawing for a bit of extra fun!



## CHARADES

**CONCEPT:** Another classic party game that can still be played virtually.

**DIRECTIONS:** Have participants take turns acting as the charade. You can select a theme like movies or restaurants, or you can make it a free for all when it comes to picking what to act out. Mute the participant who will be acting out the word or scene, and have everyone else unmute so that they can try to guess. A few variations could include adding a time limit, or breaking the group up into teams and keeping score of who guesses the word or phrase correctly.



## FREEZE DANCE

**CONCEPT:** A similar activity to musical chairs, except less chairs and more dancing! This is an excellent activity to get people up and moving, while providing a few laughs and smiles.

**DIRECTIONS:** Have participants find an open area free of obstacles, but still within view of their webcam. Get some tunes cued up, and make sure you are sharing audio through your virtual meeting platform so that everyone can hear it. Once the music starts playing, everyone should begin dancing. When the music stops, each participant must freeze immediately and hold that position until the music begins again. If a participant does not freeze immediately, they are out until the next round of play. Play until you have one or two freeze dance champions left standing!



# Initiative



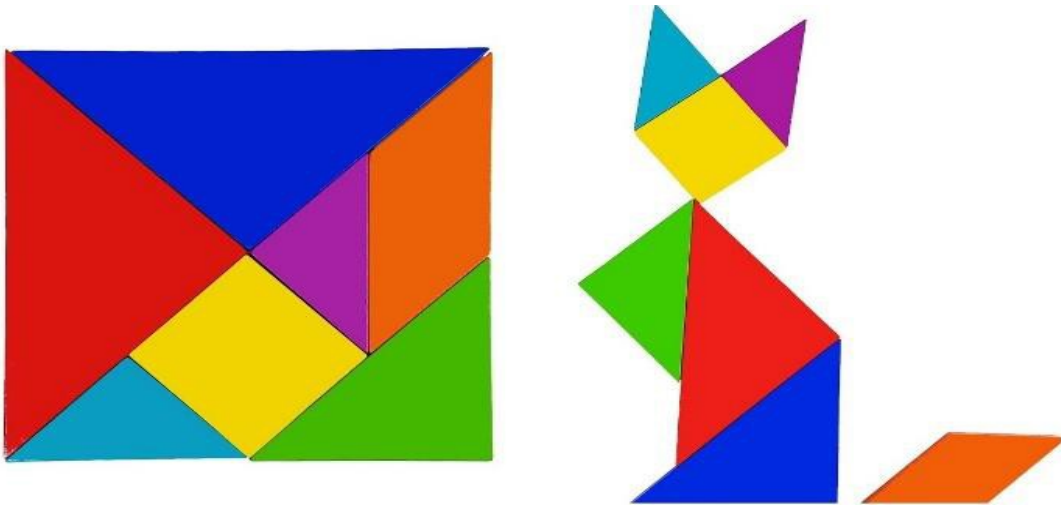
P E R S P E C T I V E S

## VIRTUAL TANGRAMS

**CONCEPT:** Tangram puzzles are one of the oldest problem-solving games in the world, and tasks the team with creating shapes using the seven puzzle pieces included.

**OUTCOMES:** Problem Solving, Communication

**DIRECTIONS:** Depending on group size, you may want to break participants into smaller breakout rooms. Have one participant share their screen and visit: <https://www.transum.org/software/Tangrams/Template.asp> The person screen sharing will also be the puzzle piece mover. Have the participants work through each puzzle image, putting the 7 puzzle pieces together to create each image. See how many your team can accomplish within a certain amount of time!



### POTENTIAL DEBRIEF QUESTIONS FOR AFTERWARDS:

1. How did this activity go for your groups?
2. What communication challenges did you experience, if any?
3. Are there things you would change if we did this activity again?
4. Name a few examples of how this process relates back to the real world.

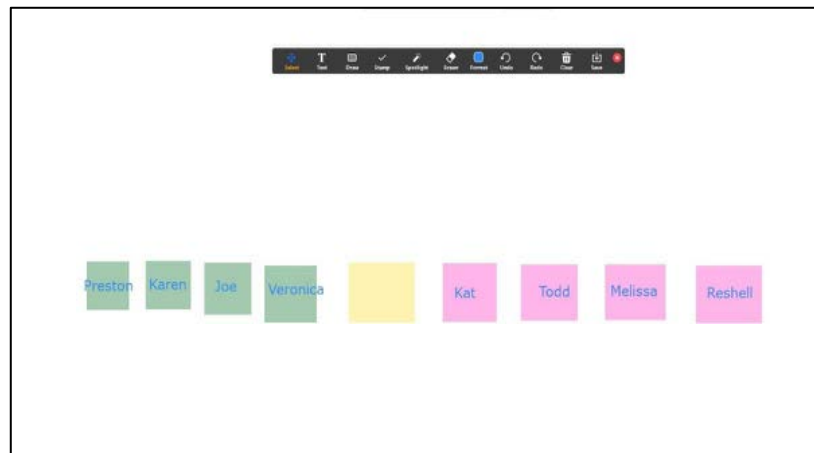
## TRAFFIC JAM

**CONCEPT:** A high level brain teaser puzzle, better suited for groups who have experience working together.

**OUTCOMES:** Problem Solving, Communication, Consensus Building, Decision Making

**DIRECTIONS:** Utilizing the ZOOM whiteboard feature, or a blank Google Doc, create one "space" for each participant, plus one extra. These can be simple blank squares or circles. Arrange your spaces in a line formation with one extra spot in the center. Assign one spot to each person and have everyone face the center spot. Using the following moves, people on the left side of center must end up in the places on the right side, and vice versa. If you need assistance finding the solution, this YouTube video has a nice demonstration on how to solve the Traffic Jam: <https://youtu.be/aIFCqX-qxog>

Allowable Moves	Forbidden Moves
A participant may move into an empty space in front of them.	Any backwards movement.
A participant may move around another participant that is going the opposite direction into an empty space.	Any movement around another participant that is going the same direction.
	Any movement that involves 2 participants moving at once.



### POTENTIAL DEBRIEF QUESTIONS FOR AFTERWARDS:

1. How did this activity go for your group?
  - a. What was challenging about this activity? What seemed to go smoothly?
2. How did it feel to be at the front of the line? How did it feel to be at the back of the line?
3. Are there things you would change if we did this activity again?
4. Name a few examples of how this process relates back to the real world.

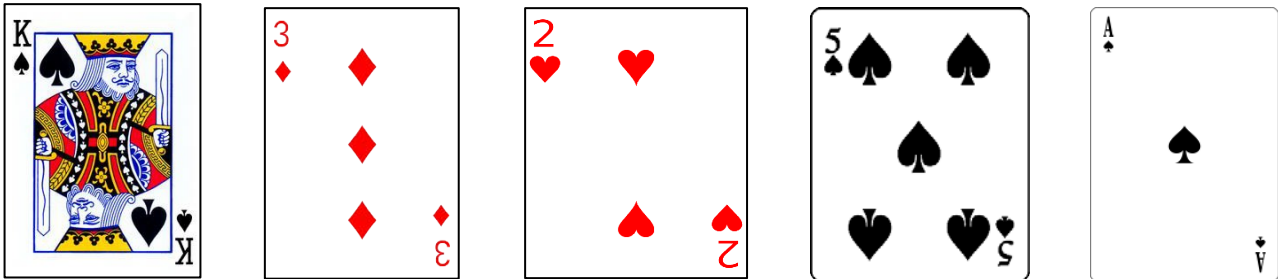
## GET 20

**CONCEPT:** A simple deck of cards can cover so much ground with any group that you work with. Get 20 is a group activity utilizing a deck of cards that encourages players to engage in problem solving when there are many possible solutions.

**OUTCOMES:** Problem Solving, Communication, Focus, Teamwork

**DIRECTIONS:** For this activity you will need to provide an image of 5 playing cards together. This can be a photo taken and shared, or one created utilizing online images. It's important that there are no duplicate values of cards in each card set. Meaning, you shouldn't have two number 5's, or a King and a 10 card. The five cards should all be different numerical values. Face cards and the number 10 card are all values of 10. Aces could have a value of one or of eleven. Depending on your group size, you may want to break your participants up into smaller groups in breakout rooms. If you are utilizing separate breakout rooms, make sure that each group is working with the same group of cards.

The challenge will be to use five playing cards of different values and come up with an equation where your final answer is the number twenty. They may use any math function they want (addition, subtraction, multiplication and division). See how many different equations they can come up with using the same 5 cards. Have one participant take notes and write down all of the equations they come up with. **You must use all five cards in the equation.**



(For example, if you had this cluster of cards pictured: a King (10), 3, 2, 5 and an Ace (1 or 11), one equation could be: the King(10) times 3, which would give me 30, divide by 2 to get 15, add 5 to get 20, times the Ace (1) and you still have 20.)

### POTENTIAL DEBRIEF QUESTIONS FOR AFTERWARDS:

1. How did the group work together to come up with 20?
2. How did you involve everyone in your group?
3. Who was the "leader" in your group? What leadership qualities did they portray?
4. How did you leverage the strengths of different members of the group?
5. How does this process relate back to the real world?

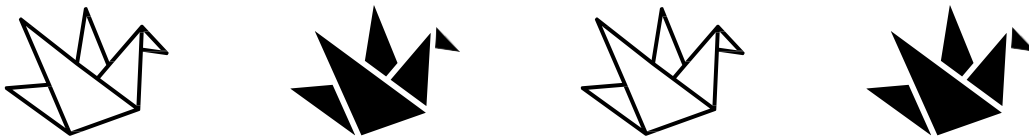
## BLIND ORIGAMI

**CONCEPT:** This is a great activity to highlight the importance of listening and asking for feedback amongst team members.

**OUTCOMES:** Communication, Teamwork

**DIRECTIONS:** Before you begin, make sure that all participants have a sheet of letter size paper. Have participants break up into teams of two. Send one person from each pair a set of origami instructions, and then send the pairs into breakout rooms. A variety of origami instructions and tutorials can be found with a simple Google search. Make sure you select a pattern that will provide the best success for your team. Remember, the goal is not to create the most difficult origami, but to have your group work on communication skills.

Each team of two should have their own breakout room. Have each person turn their webcams off while participating in the activity. The person with the instructions should then guide their partner through the steps to create the origami structure. The participant building the origami can ask questions, request clarification, and offer feedback during the call. When each group has finished, both participants can turn their cameras back on to see whether the receiver got the origami structure right. If you would like for the participants to switch roles, make sure you send out a different set of origami instructions.



### POTENTIAL DEBRIEF QUESTIONS FOR AFTERWARDS:

1. How accurate was each origami structure?
2. What was it like to listen and follow verbal instructions?
3. How was the feedback provided?
4. Did anything about your strategy change the second time around?
5. How does this process relate back to the real world?

# Reflection

&

# Debrief



P E R S P E C T I V E S



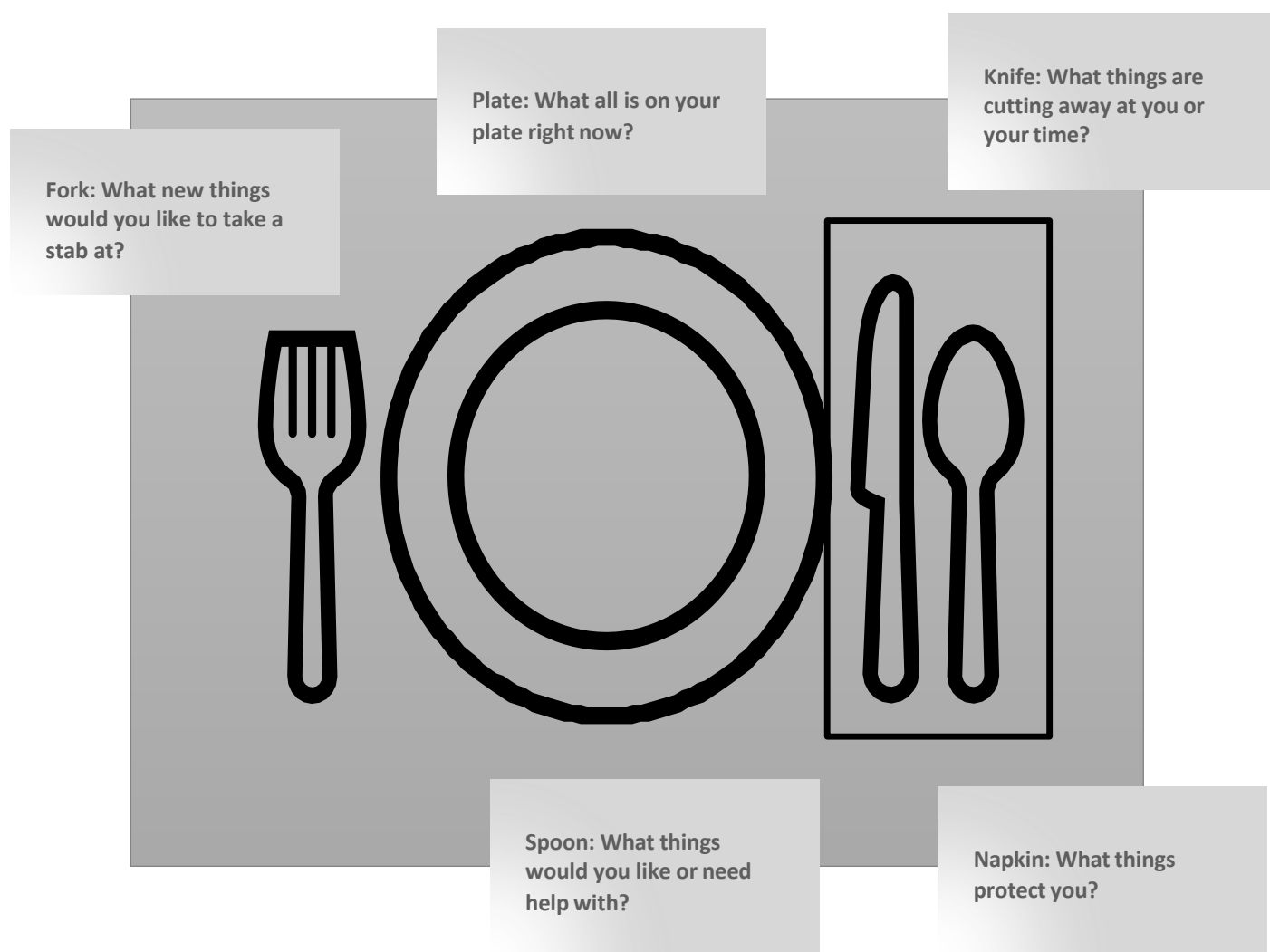


## REFLECTION & DEBRIEF ACTIVITIES

## FOOD FOR THOUGHT

**CONCEPT:** To have participants reflect and discuss what is going on in their lives. This can help give participants clarity and/or guidance on goals or making commitments.

**DIRECTIONS:** Using the Food For Thought placemat below, ask participants to answer the prompts for each item. Then take the time to share out 1 or 2 responses from each participant, and reflect on how that might relate to the group or goal.



## SOMEBODY

**CONCEPT:** To have participants reflect and debrief on a recent event or activity they participated in. This could be a helpful debrief tool after a retreat or planning meeting. The metaphors are easy for people to connect an experience to the metaphor of a body part.

**DIRECTIONS:** Using the template below, ask participants to answer one or two of the body part prompts. Then take the time for participants to share out their responses. This is just a simple list of body part prompts, but you could certainly create others if you wish!



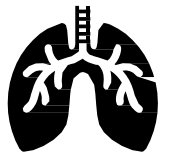
**BRAIN:** What is something you learned today?



**HEART:** Describe a feeling you experienced. What did you take to heart today?



**HAND:** Give a hand to someone for a job well done.



**LUNGS:** How was this experience a breath of fresh air?



**FOOT:** Identify a step in a new direction for yourself.