TEAM BUILDING - ONLINE EVENTS







WHY CHOOSING TEAM BUILDING ONLINE ?

-CHALLENGE- ENCOURAGE GREAT **SPORTSMANSHIP** AND ENHANCE MOTIVATION

-CREATIVE- HELP YOUR TEAM INNOVATE **AND FIND GAME-CHANGING IDEAS**

-COHESION- BUILD TEAM SPIRIT **AT A DISTANCE**

-COMMUNICATION- GET YOUR TEAM TO FEEL **MORE CONFORTABLE INTERACTING**

-RELAXATION- PROVIDE A STRESS **RELIEF AND IMPROVE WELL-BEING**

Reach your collective goals remotely



-BRAINSTORMING- ENHANCE YOUR TEAM **PROBLEM SOLVING SKILLS**

-ICE BREAKING- GET YOUR REMOTE **TEAM TO KNOW EACH OTHER** AND DEVELOP TRUST



MUSIC BLIND TEST



Show your musical culture, compete with other teams on speed and accuracy.

Teams will be arranged based on the number of Pax.

We will play a music/famous song for everyone at the same time. Each participant will have a buzzer to use if they think they found the right answer.

Team which guesses first get the max points, if a team member buzzes but has an incorrect answer, his team cannot buzz anymore, and the game continues with the remaining teams.

10/15 Minutes





COMPANY QUIZ



Teams will be arranged based on the number of Pax.

We will ask a sequence of fun and original questions ABOUT YOUR COMPANY for everyone at the same time. Each participant will have a buzzer to use if they think they found the right answer.

Show your company culture, compete with other teams on speed and accuracy. Senior management must help us selecting the best and most relevant questions about the company. Team which guesses first gets the max points, if a team member buzzes but has an incorrect answer, his team cannot buzz anymore, and the game continues with the remaining teams.

10/15 Minutes





A PEEK INTO EACH OTHER'S HOME



No need to split into teams, all 20 participants can play together.

Each participant will have to take a picture of an item they have at home that they would like to share with the group. You can take a picture of your dog, of your badminton racket, or anything that you feel sharing with your team.

Each participant will have 1 minute to show the picture, quickly present it (I showed my pet because I love dogs and I saved my dog from a dog refuge, I showed my badminton racket because I am playing Badminton competition and I am looking for partners to play with me, etc) and other members can ask questions about it.

This a great way to employees to share their passion with the team, get to know their colleagues. Great as ice-breaking for long term team cohesion and this is fun!





WHO'S THE BABY



Each participant will have to prepare a picture of them when they were kid (up to 10 y.o.) that they would like to share with the group. We will post the picture one after the other so every participant can see them.

All the other participants will try to guess which employee's photo it is.

Great as ice-breaking, full of laughs!

10/15 Minutes

-Ice Breaking-





No need to split into teams, all 20 participants can play together.

EUROVISION



Teams will be arranged based on the number of Pax.

Each team will be representing one country at the Eurovision. Each team chooses a country and must prepare an "Eurovision-like" show to perform in front of the other teams.

Great for foreigners to show a slice of their origin country, multicultural management, team cohesion, fun and great entertainment for the team watching the shows of the other teams! They can play around selecting the music, the costume, the choreography, etc representing their selected country and make it as fun and engaging as possible.

10/15 Minutes





GUIDED MEDITATION



Ten quiet minutes during an otherwise busy day can be an effective way to bring your people together and build strong remote teams. You can achieve these results with a guided meditation session.

30 Minutes

-Relaxation-





- Find a meditation exercise online or contact an expert to
 - guide the group.
 - Send a video call invitation to the team.
- Consider sending employees a care package with scented oils and candles beforehand.
- Perform mindfulness activities as instructed by the guide.

GUESS THAT SONG



Don't forget to keep scores, the one with the most guesses wins!

Music is known to be linked with a dopamine release and helps boost people's energies. It is a topic your team can easily bond with, and it doesn't matter where you are from. It also helps people feel connected and generally can help brighten anyone's mood. "Guess that song" will bring friendly competition while listening to awesome music.

Everyone submits their favorite song to the designated team lead. The team lead goes through the songs and plays them during their team meeting.

Everyone takes turns guessing whose favorite song is whose. Have everyone participating explain why that particular song is their favorite. You can even discuss about your favorite artists.

30 Minutes

-Brainstorming-





WHAT'S IN MY FRIDGE ?



This is a fun activity to get to know each other a bit better and bond through laughter. You'll also learn some of their favorite foods and drinks, which can be very helpful if you ever need to get them a gift.

Everyone anonymously posts a picture of what's inside their fridge in a shared doc.

Once everyone has posted their picture, have your team guess whose fridge is whose, and this activity is a great conversation starter.

-Ice Breaking-

30 Minutes





I EXPECT YOU TO DIE



- \bullet

50/60 Minutes

Communication - Brainstorming





Device : Virtual Reality (VR) Headset

The group will be divided in 3 teams, and the captain of each team will receive a latest generation VR headset. The captain will be immersed in the best VR escape game available on the market. The other members of his group will see everything the captain is seeing in 2D on their computer. Participants will be able to talk with the captain to give him some ideas, guide him through the escape game to pass the different levels.

Each team will compete on the same escape game and try to get as far as possible compared to the other teams, thanks to their communication skills, brainstorming, and creativity.

PASSING THE MIME MESSAGE



Within each team, person A will see a picture and have to mimic what he/she sees to the next person (B) on the line. B will then mimic to C who will then mimic to D, and so on until the last person of the group (Person J) get the mime message and can say what they think is on the picture.

Great for team cohesion, fun with ridiculous mimics, and competition between teams.

His/her team will win points based on the position (for example, 1st team to find gets 10 points, 2nd team gets 9 points and so on. Team who didn't find the right answer will get 0 points.

10/15 Minutes

-Ice Breaking-





Teams will be arranged based on the number of Pax.

BAR/TRIVIA QUIZ



We will ask a sequence of fun and original questions for everyone at the same time. Each participant will have a buzzer to us if they think they found the right answer.

Team which guesses first gets the max points, if a team member buzzes but has an incorrect answer, his team cannot buzz anymore, and we the game continues with the remaining teams.

Show your general culture, compete with other teams on speed and accuracy. Select the topic of your choice such as; "Are you smarter than a 5th grader"?

-Ice Breaking-





Teams will be arranged based on the number of Pax.

PHOTO POSE



Pax will choose a very specific pose (body pose). We play some engaging music, and all participants must take their pose when the music stops, except one member of the team (discussed with the team previously) who will do another pose than his original pose. The other teams must guest first which member of the dancing team doesn't have his original pose.

Team which guesses first gets the max points, if a team member buzzes but has an incorrect answer, his team cannot buzz anymore, and the game continues with the remaining teams.

Great Ice-breaking game, fun, team cohesion, stimulate memory and healthy competition between teams.

10/15 Minutes

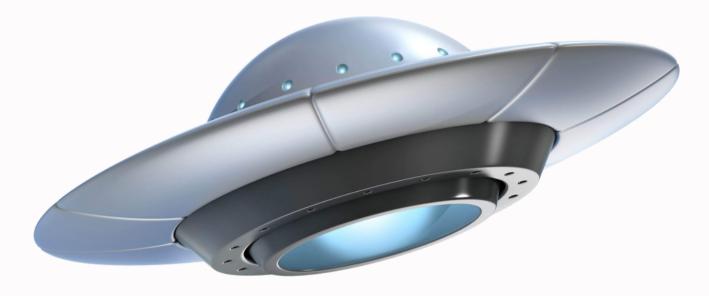
-Ice Breaking-





Teams will be arranged based on the number of Pax.

ALIENS HAVE LANDED



Teams will be arranged based on the number of Pax.

Alien have launched and you need to communicate with them about your company's activity.

Each team member will have to design a symbol, and the goal is to give sense to the 10 symbols assembled to understand clearly the company activity.

Great team cohesion exercise, little project management, improve communication within each team, understand better company values

Compare results and let each team explain why they used these symbols.

10/15 Minutes





DESERTED ISLAND



Teams will be arranged based on the number of Pax.

Your crashed on a desert island ! Each team member must select one item from their home that they would bring on the desert island, but the items must be chosen wisely as they need to help you survive the desert island WITH the other items from the team members.

So, members must discuss together to find synergies between their items. Then, once the 10 items / team are selected (and pictures sent), each team must explain why the selected these items, combined with each other, will give them the best chance to survive on the deserted island.

Great team cohesion exercise, assimilated to little project management activity, communication is the key!





SHARK TANK



Teams will be arranged based on the number of Pax.

Each team will be presenting a business project to the judges. Within each team, members must communicate together to get the idea of the product/service they would like to launch, and they believe in.

Great project management and team cohesion skills development, business oriented, but the business idea can be super fun, improve communication and competition between teams. Each team will have to prepare a lightning business plan (Product/service description, target, communication channels, marketing strategy, etc) that they will present to the other teams in the second part of the exercise.

10/15 Minutes





DO YOU REALLY KNOW YOUR TEAM ?



Virtual Team Bonding

Before your next meeting, ask all your teammates to answer three "about me" questions on the Virtual Platform.

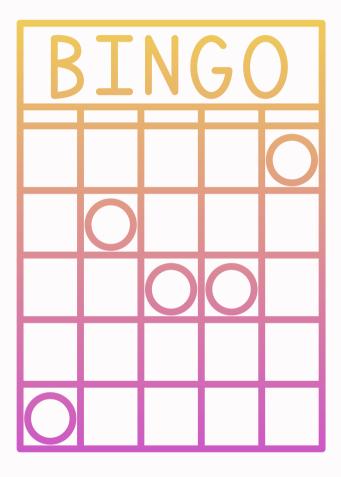
If you could eat one food for the rest of your life, what would it be? What's your favorite vacation spot? If you were an animal, what would you be? What's your favorite movie? At the meeting, share the answers and have your teammates try to pair the answers with the right person.

10/15 Minutes





VIRTUAL TEAM BUILDING BINGO



Here are the rules for Virtual Team Building Bingo:

Distribute the Online Team Building Bingo board to your remote employees. Decide on a timeline, which could range from a single video conference call to several months. A player gets a point when they learn information from a coworker that applies to the Bingo board.

Have players track performance, marking an "x" or similar for each box they complete. The center square is a free point for all players. Award prizes for the first player to complete challenges like an entire row or an entire board.

Online Team Building Bingo Tips Knowing the rules is just part of the game. You can also consider these fun tips and ideas to boost the experience.





BLACKOUT TRUTH OR DARE

This activity is a Zoom team building version of Truth or Dare.

All players start with their cameras on. The host states a truth or dare like, "show us the floor around your desk" or "how old are you really?" Players can choose to leave their cameras on to indicate they are willing to reply or turn off the camera to opt out.

> The host then asks one or more players to complete the truth or dare.



10/15 Minutes

-Ice Breaking-





How to play:

SOMETHING IN COMMON



One of the quickest virtual team building games you can play is Something in Common.

This is a challenge that encourages your remote employees to learn more about each other. For this game, assign your people to small groups and then have each group identify the three most unique things they have in common.

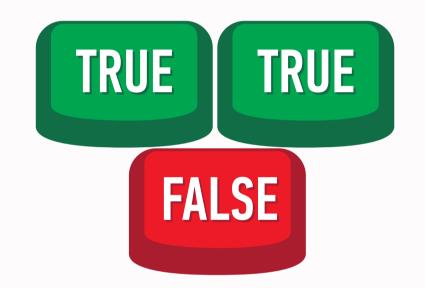
For example, a group might find a common love for Shakespeare's Macbeth, experience with childhood violin lessons, and a disdain for fiery Cheetos.

If you want to do multiple rounds then you can make the virtual activity more challenging by removing broad categories like movies, books and food.





TWO TRUTHS AND ONE LIE



Two Truths and One Lie is one of the most common virtual team building games. The activity is conference call friendly, since all you need is a reliable WiFi connection and a little cunning deceit.

For the remote work version, give each participant two minutes to prepare two truths and one lie. For example: I can read and write in Chinese.

Have each participant share three facts, and guess which one is the lie. You don't really have to keep track of points for this game, because the fun is found in learning about each other.

I have consumed 3.5 KG of pure cocoa during quarantine. I once hacked into my high school computer. Number two is the obvious lie; it has been at least 3.6 KG.

10/15 Minutes





THE PRICE IS ALMOST RIGHT



Guess the price right

10/15 Minutes

-Brainstorming-





- The Price is Almost Right
- This is a game where the host of a virtual conference call holds up household objects and other attendees shout out prices.
 - The first person to guess within five cents of the actual retail price without going over gets 1 point for their team. If you guess over the retail price then you are out for that round, but your team members may continue.

SUPERHERO



Everyone loves superheroes or has thought about which superhero power they would like to have.

So why not get creative with your team and have them create their own superhero or even a superhero that symbolizes your company.

Share your superheroes with each other, and this activity also acts as a great icebreaker question. Ask your team to create their own superhero. Have them describe their appearance, superhero powers, and how they would make the world a better place.

25/30 Minutes

-Creative-





Instructions :

NEVER HAVE I EVER : RATED E-EDITION



We've all played, never have I ever, in small university halls as we fuel up for a big night out. However, playing this game as a remote team building activity is an excellent way to get members involved, having a laugh, and getting to know each other.

Everyone who's done it places an emoji of their choice. The game keeps going until the first person is out. Set up a group chat with everyone who is playing. Tell them they have five lives. Each player takes it in turns to say, "never have I ever..." (keep it PG, for example, "never have I ever been to Africa).

10/15 Minutes

-Ice Breaking-





Instructions :

CRITICAL THINKING



Start your online meeting by posing this lateral thinking question from Udemy to the group: "If you were alone in a dark cabin, with only one match and a lamp, a fireplace, and a candle to choose from, which would you light first?"

Give everyone 30 seconds to choose. Have everyone share their answers on a platform like monday.com.

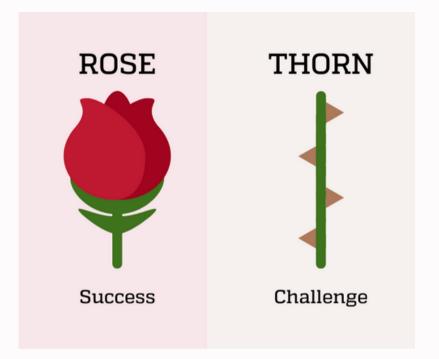
Spend about one minute discussing the differences in your answers and what you each learned from one another.

2 Minutes per Pax





ROSE/THORN



Start your virtual huddle by having everyone share their rose (any positive that makes them feel grateful, happy, etc.) and their thorn (a challenge). A rose can be work or non-work related along with their thorn.

Non-Work Related:

Rose: I got an event partner to give me a refund today! Thorn: A different event partner won't give me a refund.

Rose: I found time to go for a walk today. Thorn: There was no time to go for a walk today.

-Ice Breaking-





Work Related:

ICE CREAM FLOAT

Connect with a private virtual event planner who will arrange for kits to be sent directly to all your guests.

On event day, a virtual guide will show everyone how to make ice cream in a bag (seriously, it works!).

Guests will dance along popular songs (featuring favorites like "Shake Your Groove Thing") as they shake their ice cream ingredients until everything is perfectly frozen.

Finally, guests make their own root beer, orange soda, or cherry soda float to sip on as you transition to your next session.



30 Minutes





BIG TALK



10/15 Minutes





- Start virtual meetings with a few minutes of organized "big talk" about global events and news.
- Before the meeting, send out a current news story for the team to read.
- At the start of the meeting, give everyone a minute to share their thoughts on the story without interruption or commentary.
 - Set aside 5 minutes after that for open group discussion.

DANCE PARTY



Dance and probably laugh.

Tell everyone about the awesomeness that's about to happen.

Start your jam. (If you can't decide, use a tool like Random List to get a random selection.)

5 Minutes

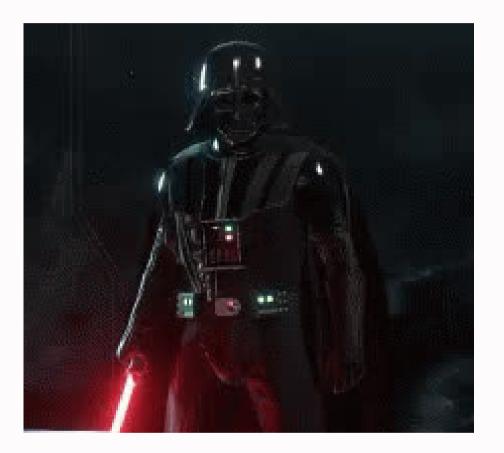
-Ice Breaking-





Do a quick sound check to make sure everyone can hear the host's music.

GIF WARS



Pro-Tip: You can make this a recurring virtual activity by choosing 'GIF War' themes for each week like movies, sports, dogs, cats, etc.

1/2 Minutes per Pax





- Using a virtual team building & recognition tool like Nectar, have each person take a second to send a shoutout to someone that has really helped them out or went above and beyond for the team recently.
 - Make sure to add a GIF to each shoutout
 - Go around and vote on who added the best GIF (think Apples to Apples or Cards Against Humanity)

ONE WORD AND I'M IN



Start your virtual pow-wow with a Work-From-Home-Wellness Box and by having everyone pick one word to fill in the sentence "I'm and I'm in"

1 Minute per Pax

-Ice Breaking-





For example... "I'm stoked and I'm in" "I'm ready and I'm in"

FAST RECALL MISSION



The players in the group know each other too well? It's still a great opportunity to play and use it to tell something about yourself as a warmup. Everyone needs a new book recommendation or Netflix binge idea. Each team member invited to play Fact Recall Mission introduces themselves and gives a "fact" about them; usually with a prompt, such as favorite vacation destination, most likely to see in concert, most binge-worthy show they recommend, etc.

Keeping the facts tucked away to memory, each player will try and recall who said what during the introductions.

A recommended show is a great option because everyone learns something about the person and also gets a great recommendation. Vacation memories and concert bucket lists are fun and a great throwback to the good times.

7 Minutes





TINY CAMPFIRE



We run fun virtual campfires for remote workers, that includes historical ghost stories, icebreaker questions, small team building competitions and real s'mores. Plus, mini-games, challenges and more group activities. tiny campfire is all the fun of a real camp night (mosquito repellent not required).

Before your event, we'll ship your participants a gourmet s'mores kit. The kit includes handcrafted marshmallows, artisan chocolate, and graham crackers. During the activity, your fabulous camp counselors will lead your group in s'more making while enjoying spooky ghost stories! On camp day, we send each of your coworkers a link to a video conference room and run the experience.

90 Minutes





LIGHTNING SCAVENGER ACTIVITIES



At work, virtual scavenger hunts are examples of virtual team building exercises and are a type of online team building. You found our list of virtual scavenger hunt ideas!

Virtual scavenger hunts are remote games where players scramble to find items or fulfill challenges before time runs out. For example, a player may have to retrieve their favorite mug or take a selfie to earn points. The goal of these games is to have fun and encourage engagement for participants. These activities are also known as Online Scavenger Hunt, Digital Scavenger Hunt or Virtual Treasure Hunt.

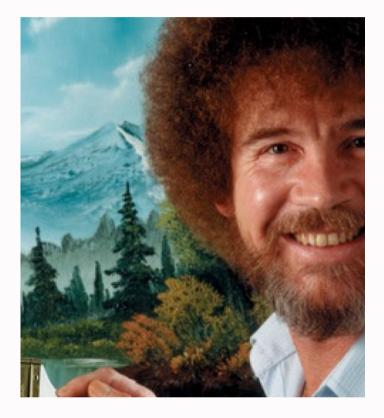
30 Minutes

-Challenge-





TREE OR BOB ROSS



The Tree or Bob Ross game mechanics are like 20 Questions or Eye Spy and other virtual team builders. To start this virtual activity, one player chooses an identity, which can be anything from an object to a concept. On a road trip to Canada, one friend chose to be a small rubber ball. Explore your imagination and feel free to choose difficult identities.

The following questions incorporate a new word into the game. For example, "is it more like a tree, or more like a pile of leaves?", which can provide clues toward the final answer.

-Ice Breaking-

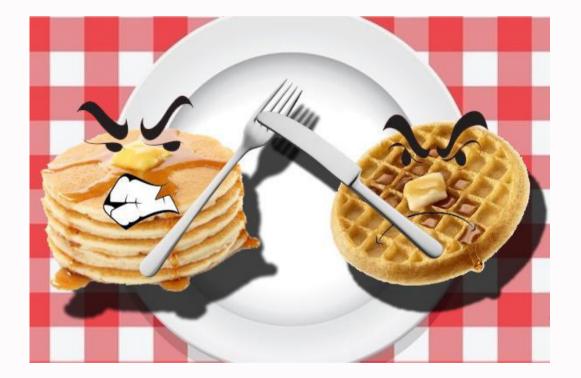




The player with the identity is known as The Post, and all other players can bombard The Post with unlimited questions to uncover the identity.

The opening question is, "is it more like a tree, or more like Bob Ross?", to which The Post must answer only by naming one or the other.

PANCAKES VS WAFFLES



Announce the great debate; either pancakes or waffles is going to disappear from existence and your team must make the choice. When the team decides, anyone can nominate a new contender. For example, if pancakes survived the first round, then someone may suggest cabbage.

The nominations tend to scale up into existential questions quickly. Bunnies or love? Love or humanity?

You can play until your team is ready to move on. Pancakes vs Waffles is a great way to engage the introverts on your team because everyone has an opinion about the trivial subjects of debate.

You can play Pancakes vs Waffles over Zoom, WebEx, Google Hangouts, and other virtual meeting platforms.

10/15 Minutes





VRTUAL WEREWOLF



Anyone the werewolves eat becomes a ghost and cannot speak for the remainder of the game.

-Communication-





- Werewolf is one of the best virtual team building activities for conference calls, as it is a game of speaking, careful listening and voting as you seek to survive the night.
- To start the game, players draw roles of werewolf, villager, medic, or seer. Werewolves do the eating, villagers vote werewolves off the island, medics can save a player and seers can peer deep into another player's soul to reveal their wolf-status.
- Then, the game master announces that night has fallen, and players closer their eyes. The game master asks the werewolves to wake-up and select a victim, followed by the medic who points to one person to save, and the seer who points to one person to reveal. Finally, the game master announces the sun is rising and reveals whether a villager became wolf-grub during the night.

WAR OF THE WIZARD (LIVE RPG GAME)



If you've ever thought, "a home scavenger hunt to find items for our magical potion to defeat a friendly bridge ogre would be a blast!", then War of the Wizards is the game for you. We run a fun online game for remote teams called War of the Wizards. The activity combines elements of popular roleplaying games, world building, storytelling and more in a unique mashup of mini games and competitions

> War of the Wizards is a 90-minute event, conducted over a secure video conference line that we provide. The game is a unique experience and simple to play; you don't need to be an avid RPG player or even a video game buff to get it, you just need to come prepared for fun and collaboration.

90 Minutes

-Communication-





VIRTUAL SHOW & TELL



Show & Tell is one of the best virtual team building ideas that promotes public speaking skills and storytelling. Having each of your team members share something about their lives also builds meaningful connections.

To do Virtual Show & Tell, ask your coworkers to prepare a quick story in advance, or do a more spontaneous "grab something within arms reach" approach. We recommend the latter option, as it encourages quick and creative thinking.

10/15 Minutes





FORENSIC SKETCH ARTIST



Forensic Sketch Artist is a fun and creative virtual team building game.

Split you Tell participants ther Luckily, each team ha before nar Create a face Show one person Have the person wh team. Other membe

> - After ten r The portrait o

10/15 Minutes

-Cohesion-





Here is how to play:

- Split your coworkers into teams.
- Tell participants there was a series of robberies last night.
- Luckily, each team has a witness who saw the robber's face before narrowly escaping the scene.
 - Create a face with a random face generator.
 - Show one person per team the face of the "robber".
- Have the person who viewed the face describe it to their
- team. Other members must sketch the face based on the description.
 - After ten minutes, collect the portraits.
 - The portrait closest to the original face wins!

WHAT WOULD YOU DO?



-Cohesion-

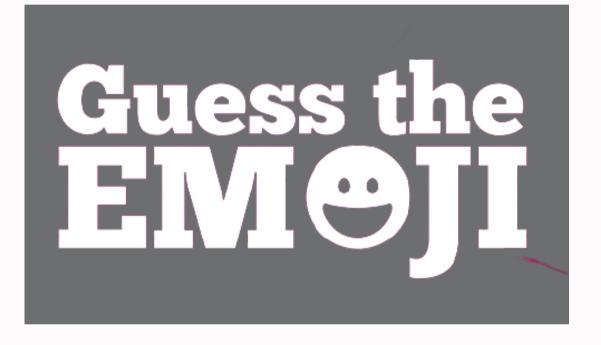
10/15 Minutes





- "What Would You Do?" is one of several scenario-based virtual team building exercises you can do.
 - Split employees into teams or discuss as one big group. Pose hypothetical questions.
 - Let employees talk through a plan of action.
 - Not only does What Would You Do? foster fun and engagement, but this virtual team activity allows coworkers to learn each others' problem-solving processes in real time.

GUESS THE EMOJI BOARD



If you are looking for ways to make a virtual meeting fun or engage a virtual team in ways that are not lame, then a quick round of emoji ranking can help. You can snap a screenshot of your most frequently used emojis and upload it for your team to see. If, like me, you and the folks on your remote team gravitate toward shrugs, flexes, Canada flags and Pokémon balls, then it is fun to see the record of it. You could also play a quick virtual team building game like "Guess the Emoji Board."

 Distribute a list of all players to each player.
Everyone has five minutes to guess the five most used emojis by each person on the list.

3. Reveal the answers and award points both for "having it in the top 5" as well as "having it in the right order."

25/30 Minutes





MINESWEEPER ONLINE TEAM TOURNAMENT



Minesweeper is a virtual game you can play on online via Google.

You just search for "minesweeper" to play. Challenge your remote employees to a cutthroat round of the classic online game, and time your scores to see if you can beat each other.

You can organize an epic Minesweeper tournament for your people and see who can race through the game the quickest. This online team building activity takes patience, precision and thoughtful risk taking; which are all good attributes to develop for remote teams.

20/30 Minutes

-Challenge-



THE LONGEST WORD

LONGEST WORDS

The Longest Word is a quick virtual activity you can do on video chats and conference calls. To play, arrange your people into teams and challenge them to spell a very long word.

For example, pneumonoultramicroscopicsilicovolcanoconiosis is as hard to say as it is to spell.

The team that gets closest to the correct spelling, judged by an arbitrary eyeing, wins. The winning team can then bet double or nothing by guessing the meaning of the word too.





VIRTUAL DEBATE CLUB



- Schedule a 45 Minute video call.
- Share best practices for debating effectively, including clear communication strategies and identifying logical fallacies.
- Do mini debates on inconsequential topics. For example, lacksquarea debate themes could be whether cookies with raisins should exist or not.

-Brainstorming-

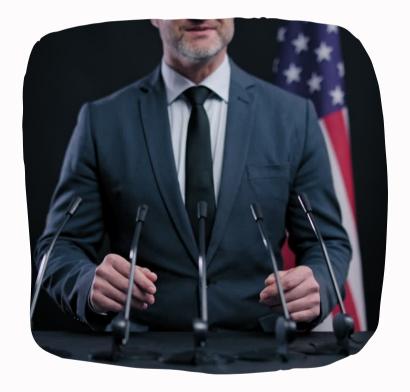
30 Minutes





To run a successful Debate Club for virtual teams, you can:

VIRTUAL AMBASSADORS



Ambassadors is a virtual activity where each person acts as a country's ambassador.

During each round, a team member must describe their country without saying the country's name.

The other team members guess which country the person is describing to earn points.

At the end of the game, the player with the most correct guesses wins!



10/15 Minutes





QUIZBREAKER



Quiz Breaker is a virtual icebreaker game that helps remote teams to connect & engage in a fun way.

In each round, players have to guess 'Who Said What' – a simple way for your online team to bond over things they have in common.

You can schedule virtual icebreaker quizzes to go out via email multiple times per week and track winners via a gamified leaderboard.

It's used by hundreds of remote teams in companies such as Google, New York Times & Microsoft to help build a positive company culture.

3 Minutes

-Creative-





DIY CRAFT CHALLENGE



This team-building activity gets everyone involved and feeling competitive. The aim isn't to create something museumworthy; it is to spark creativity and get everyone interacting with each other.

- Get everyone into a virtual call at a time that suits you and your team (make sure they are at home and not in a coffee shop).

- Tell everyone they have 30 minutes to build something from the materials they have around them (e.g., a pillow fort, a pen holder, or some shelves).

- After 30 minutes, get everyone back onto the call to demonstrate what they have made. We suggest awarding a prize for the best invention !

30/45 Minutes







THEME PHOTO CONTEST



The winner can produce the next week's theme and get to pick the winner. Another great quick activity that allows your team to practice quick and creative thinking. It also allows for a good laugh, having your team produce different themes to post weekly images to your dedicated Slack or chat channel.

- Decide of a weekly theme for your team, for example Christmas, Favorite Lunch or Coffee.

- Have everyone come up with the best image to describe that theme. They can Google it, send a picture or even draw one. You can have this theme go throughout the week and whoever comes up with the most images wins. The winner can come up with the next week's theme and get to pick the winner.

15/30 Minutes

-Creative-





TYPE MASTER





30 Minutes





- Friendly competition is always a great team building and bonding experience. Typing tests are also a great way to see what your team's skills are like.
- Send out your preferred speed typing test or use the one we recommend, Live Chat.
- Have everyone post their scores, the ones with the fattest typing scores compete against each other until there is a winner. The winner gets bragging rights and the "Type Master" title.



You can also set weekly goals that occur every week. For example, who can do the most steps a week or minutes exercised? Who's walked up the most stairs or ran the most miles?

We love it because it's a bit different. I personally work from home and find that exercising during a break helps feeling energized, productive and focused.

- \bullet

30 Minutes

-Challenge-





The instructions are fairly simple - either provide apple watches or Fitbit's to your team or use the 'health apps' provided on phones and set challenges.

• For example, who can do the most steps before they start work? Who can do the most exercise on their day off? Or who can get their heart rate the highest in the next 60 seconds?

ROW SHAM BOW TOURNAMENT



Have the final competition with everyone on the team meeting to cheer each player on and see who the Row Sham Bow champion will be.

Variable

-Cohesion-





- Row Sham Bow is a classic game that people have been playing since they were kids: Why not incorporate into your next team building?
- It is an easy and fun concept that allows your team to participate in a fun and friendly competition.
- Have everyone in your team partner up, be sure to record this on a shared doc to keep track of who played who and the scores.
- Once everyone is paired up have them play separately via their own zoom meeting. Keep score on who one and the last two people still in the game compete against each other.

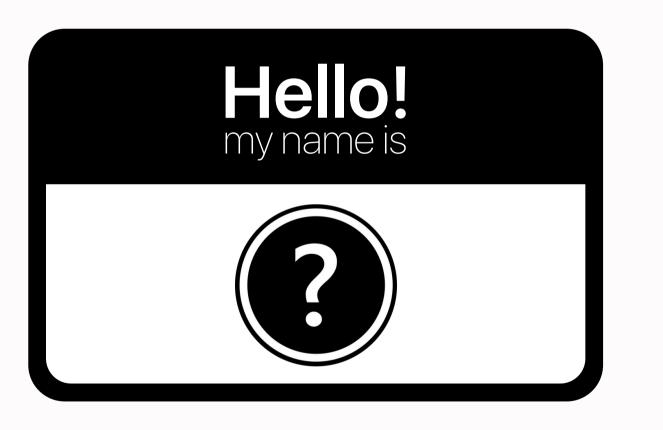
WHAT'S MY NAME ?

It is a great activity for newer team members and acts as a good icebreaker. It also shows how team members work together to solve questions and create a solution.

Have each player think of a famous person to describe and have your team guess who it is. To make it a bit easier you can have your team create a list of people beforehand they can choose from.

The first player begins to describe the famous person and they cannot spell out the name. They only can use descriptive phrases and hints.

Continue to rotate players until everyone has had a turn. The person with the most correct guesses wins!



30 Minutes





THE BIRTH MAP GAME



We love this game because everyone will be from different places and have a different heritage, this game unites everyone and gets them connected and working better together.

Get everyone to send a fun fact or a weird legend about the place they were born.

Send them around to everyone and get them to vote on who sent the most interesting story about their birthplace.

Offer the winner a prize, such as an Amazon voucher.

15/30 Minutes





POWERPOINT KARAOKE



Do this over Zoom or Skype.

Up to 120 Minutes





- Well suited for remote teams, does not require any skill, and isn't competitive. Wouldn't use it with new teams where people aren't yet comfortable with each other.
- You need to do some more ice-breaking stuff first, but it does really help everyone jell together and creates a good laugh!
 - Create a random deck of random PowerPoint slides.
 - Everyone receives a random deck and does a 5-minutes presentation on them, without having seen the slides before.

GUESS THE ARTIST



30 Minutes

-Creative-





- A picture says a thousand words, so this is a great activity to introduce newer team members to each other and learn something new about them. It does not take a lot of time and allows people to open up about themselves through a fun anecdote or story.
- Ask everyone to either draw out or find an image that expresses themselves before your next meeting.
- Upload the image on an online whiteboard or google doc in advance.
- During your meeting, everyone starts to guess whose picture belongs to whom.
- Once the correct guesses are made the person who submitted the image needs to share or explain to the group the story behind the picture.

GUESS THE COUNTRY



Don't forget to keep score and whoever shouts out an answer the quickest wins! Need a quick activity to play with your team, "Guess the country" is perfect for you.

You can test your team's quick-thinking skills while learning if they are good at geography.

On top of that it is a great way to add some friendly competition into your team meetings.

It is a simple game, go through the alphabet and list the countries beginning with that letter.

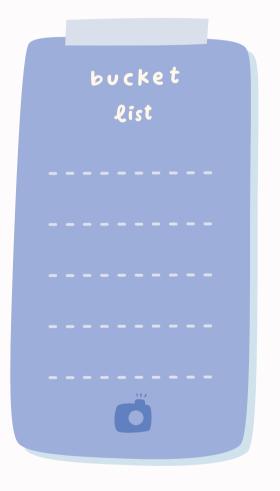
15/20 Minutes

-Brainstorming-





BUCKET LIST



-Ice Breaking-

Variable





- Bucket lists are a great way to learn about people, especially your team.
 - It builds on ideas and goals that your team can reach together personally or professionally.
- Ask your team before your next team building session to share their top 10 bucket list goals.
- Have everyone share their list on a shared doc, and your colleagues can see a different side of one another. It also is a great icebreaker question.

MINDFULNESS



This exercise focuses on feelings, tasks, and other personal or professional issues. It gives everyone a moment to focus on themselves and be mindful and aware of their thoughts. Often team meetings can be stressful, which is an excellent task to slow down and let everyone catch a breath.

At the beginning of your meeting, have everyone write down any issues, personal or professional struggles they are working on.

Once everyone is done, they do not have to share it to keep it personal and private. It just is a moment to recognize their problems and have an outlet to release the stress.

-Communication-

Variable





LEAST AND FAVORITE THINGS WORKING REMOTELY



It is a great opportunity to learn what works and what does not work when working from home with your team. This feedback can be used on how to improve morale and work culture.

30 Minutes

-Communication-



- Sometimes the best team building activities allow people to discuss or vent about things that are troubling them in the work environment. This activity is the opportunity to give advice and to learn more about each other.
 - Pose the question, "What is the least and favorite part of working remotely?"
- Everyone needs to give an answer to their least and favorite part about having a virtual office. Let your team know there is no judgment, and it is an open space to discuss anything positive or negative.
- Discuss everyone's answer and see if there is anything in common or something that the team is struggling with.

CODE OF CONDUCT



For each suggestion, ensure that all participants have a similar understanding of every idea. If not, modify the idea until it meets a mutual perception from everyone.

A simple but significant activity that sets the tone for an event and builds consensus on shared values. Teams list down what matters to them on a shared whiteboard or Google doc. Perfect for the start of an event, workshop, or a weekly team meeting. It is also a great way to establish team goals and values going forward.

On a shared whiteboard or Google doc, type down the words "Meaningful" and "Pleasant." Ask everyone to shout out what those words represent in terms of your company's mission and goals.

30/45 Minutes

-Communication-





Record each participant's suggestion in the form of a mind map on the whiteboard.

CONTACT OUR TEAM



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