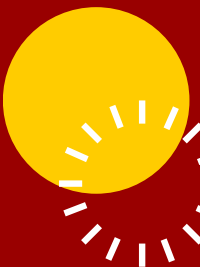


Meet Well: Health & Well-being Ice Breakers for Team Meetings



Well-being Icebreakers for Team Meetings



Contact the Health & Well-being Team

“ Incorporating health and well-being into staff meetings provides an opportunity for employees to connect, feel more appreciated, move their body, and engage their mind, resulting in a healthier, more productive team. Research has shown the best predictors of productivity were a team’s energy and engagement outside formal meetings (Cioca, 2019). ”

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Key:
(V) Virtual
(IP) In-person
(SG) Small groups
(LG) Large group



The following is a list of health and well-being icebreakers and activities to consider for your team meetings.



The activities may be integrated through virtual, in person, and outdoor spaces (as indicated by the key below) to suit your school/unit's workforce model, just make sure to keep accessibility in mind so that all can participate.



We hope you find this useful in supporting the health & well-being of your staff and faculty. Please share any other ideas and activities with us so we can share with others!

Icebreaker Activities

01 Blob Tree (V), (IP), (SG), (LG)

- Share the following image (below) either through paper if in person, or on screen if remote, for everyone to see or describe to those who are not able to:



- Ask everyone in the meeting to identify a blob that they feel most depicts how they are currently feeling.
 - If on Zoom, the host may use the annotation function to highlight which blob is being addressed and describe it to those who are unable to see.
 - If in person, a printout copy of the blob tree can be shared and circled using colored pens.
- Different types of questions with the blob tree include, but are not limited to, ‘How are you feeling heading into the new semester?’ or ‘How do you feel today?’

02 Bowl of Questions (V), (IP), (SG), (LG)

- Write down a full page of questions that are good conversation starters. Cut them into little strips and put them in a bowl to pass around so people can answer questions about themselves. Here are [350 good questions](#) to ask to get you started. If virtual, you can opt for a [digital spin-the-wheel](#) style for prompting questions.

03 Chair Yoga/Stretch (V), (IP), (SG), (LG)

- 5-to-10-minute stretches you can do in your chair or with your chair as a [prop](#).

04 Chaos (IP), (SG), (LG)

- This activity is a great way to reenergize your group at the beginning of a retreat or after lunch.
 - Materials Needed: three to four soft small objects (stuffed animals, koosh balls, bean bags).
- Organize participants into a circle. Go around the circle once and have each participant introduce him or herself by name.
- One person begins by tossing one of the objects to someone else, saying, "Hi, 'Name of Person!'"
- The person who catches the object then says, "Thanks, 'Name of Tosser!'" and repeats by tossing it to someone else in the circle.
 - Names must be said each time the item is tossed or caught.
- Three to four items may be in place at once, but make sure to space them 30-60 seconds apart from each other.



05 Create a Self-care Action Plan (V), (IP), (SG), (LG)

- On a piece of paper or laptop, write down your self-care action plan. [Contact the Health & Well-being team](#) for a sample self-care action planning worksheet.

06 Define Your Purpose (V), (IP), (SG), (LG)

- Ask everyone to grab a pen/pencil and a piece of scrap paper. Ask them the following questions (allowing them time between each question to write down a response):
 - When have you felt a sense of meaning?
 - Who were you serving?
 - What impact did you have?
- Then, ask them to use those answers to fill in the following purpose statement:
 - I/We exist to _____ (desired impact) in order to serve _____ (intended audience).



07 Each of Us Has a Name (V), (IP), (SG), (LG)

- Start by having the facilitator of the group read the following poem by Marcia Lee Falk.
 - “EACH OF US HAS A NAME”
Each of us has a name given by God and given by our parents. Each of us has a name given by our stature and our smile and given by what we wear. Each of us has a name given by the mountains and given by our walls. Each of us has a name given by the stars and given by our neighbors. Each of us has a name given by our sins and given by our longing. Each of us has a name given by our enemies and given by our love. Each of us has a name given by our celebrations and given by our work. Each of us has a name given by the seasons and given by our blindness. Each of us has a name given by the sea and given by our death. © Translation: 2004, Marcia Lee Falk From: The Spectacular Difference Publisher: Hebrew Union College, Cincinnati, 2004”
- After the reading, everyone in the meeting can share the origins of their given name or nickname.



08 Either/Or (IP), (SG), (LG)

- The activity begins with a facilitator giving an either/or prompt (ex: iPhone or Android) to the group.
- The facilitator then directs the group to go to the side of the room that corresponds to the answer they chose (ex: iPhone group stay on the right side of the room and Android to the left). Make sure there is plenty of space and clear paths for all abilities to participate.
- Each group is given two minutes to share why their choice is best, then additional two minutes for rebuttal.
- The game repeats for as many questions as desired.

09 Goal Setting Focused on Health & Well-being (V), (IP), (SG), (LG)

- On a piece of paper or laptop, write down a SMART health and well-being goal. [Contact the Health & Well-being team](#) for a sample goal setting worksheet.

10 Indoor Scavenger Hunt (IP), (SG), (LG)

- Depending on the size of your team, this can be done as a whole group or broken down into teams. If done by teams, the first team to complete all scavenger hunt items wins a prize!
- Bilingual ensemble – Find somebody that speaks another language and ask them to teach your team a phrase in that language. Take a video of your team saying it together!
- Dance partners – Have a team member who knows how to dance teach another their moves. Record a video of them dancing together!
- Who’s who? – Find out who has been at the company the longest and who has been there the shortest. Have them both exchange a piece of advice (work or non-work related). Snap a photo of them both!

11 Meditation (V), (IP), (SG), (LG)

- Utilize the Mindful USC [app](#) or other meditation app and play the audio/video for five minutes.



12 Networking Bingo (IP), (SG), (LG)

- This activity is a great way to speak to as many people as possible.
- The goal of this activity is to find one unique person who can sign off a single box until you reach 'BINGO' or 'BLACKOUT.' Then, fold up the sheet and write your contact information on the outside to submit to the facilitator.
- Winners will be randomly drawn and raffle prizes can include cookies, backpacks, or gift cards.
- The text inside the square and prizes may be customized to suit the group.
- Please see example below:

Knows how to surf	Attended Summer camp as a kid	Served/Serves in the Military	Plans to take a vacation by end of year	Has made a TikTok video
Has camped in a tent	Lived in Los Angeles	Has attended a Dodger or Angel game	Left-handed	Does not wear glasses or contacts
Has rode in a convertible	Has hosted a summer BBQ	FREE SPACE	Born in July	Has taken a cruise
USC Alum	Born in June	Volunteered at commencement	Knows how to fly a kite	Has participated in self-care regularly
Has traveled internationally	Has attended a USC sporting event	Has lived in 2+ states	Has made smores	Marshall Alum

- Instructions:
 - Please use the BINGO card to get to know your faculty and staff colleagues. Only one person can initial in each square. Once you have bingo, please fold over and write your name and email address and place for a drawing to receive a prize. Happy Networking!

13 **Outdoor Scavenger Hunt (IP), (SG), (LG)**

- Give small groups a list of ten locations around USC campus and have them take selfies in front of specific places or monuments. Find people that fit certain criteria.
- Examples:
 - Snap a photo of someone who has read at least two new books this year in front of Doheny Library.
 - Snap a photo of someone who knows how to play a musical instrument in front of Thornton School of Music.
 - Snap a photo of someone who graduated from USC in front of Alumni Park.
 - Snap a photo of someone who loves sports in front of the Lyon Center.
 - Snap a photo of someone wearing cardinal or gold in front of the Tommy Trojan statue.
- First group to return with five photos wins a prize!



14 **Outdoor or Indoor Healthy Scavenger Hunt (IP), (SG), (LG)**

- Create pairs or small groups and provide a list of “healthy” locations to visit on the USC campus.
- Pairs/groups can also be given a “Fight On!” sign or other USC-themed item to bring with them.
- The goal is to have the pairs/groups take selfies at the various locations and submit their photo collage at the end.
 - The number of locations is customizable, and the following are a few “healthy” locations on campus:
 - Recreation center
 - Think of areas that promote physical activity, such as volleyball courts or tennis courts.
 - Outdoor gym
 - Walking/bike paths
 - Healthy food selections
 - Hydration stations
 - Areas of socialization
 - Etc. (Be creative!)

15 **Picture Sharing (V), (IP), (SG), (LG)**

- This activity requires that team members select a photo that is meaningful in some way to them (a place, pet, concert venue, etc.) before the meeting begins.
- During the meeting, everyone shares the photo they chose, describing it to those who may not see, and speaks about why it is important to them.



16 Question and Answer (V), (IP), (SG), (LG)

- Derived from the book “The Five Dysfunctions of a Team,” have everyone in the meeting answer the following questions:
 - Where did you grow up?
 - What order are you in your family?
 - What was the most difficult challenge in your childhood?

17 Random Metal Object (V), (IP), (SG), (LG)

- Start your meetings by bringing out your team’s entrepreneurial skills where individuals try to sell a random metal object to someone else in the group in under two minutes.

18 Rapid-Fire Questions (V), (IP), (SG), (LG)

- Get to know your coworkers with a quick rapid-fire question-answer game.
- Choose a series of [questions from this website](#) to ask all your team members, but be sure to only give each member a limited time to answer them.



19 **Rose, Thorn, Bud (V), (IP), (SG), (LG)**

- Start your meeting by having everyone share two roses – what’s going well, any positives in your life right now, what’s making you happy, or what you can be grateful for.
- Ask them to also share a thorn. These are challenges or issues you are facing. They can be work or non-work related for both.
- You then finish with a bud. A bud is what you look forward to. These can be new ideas that have blossomed, new things you are going to try, or experiences you want to have.

20 **Share an Unknown Fact (V), (IP), (SG), (LG)**

- Learn more about your peers by allowing everyone in the group to share one thing about themselves that they don’t think anyone else knows.



21 Tied Together (IP), (SG)

- This is a great, easy game for building relationships and getting people to work together. Teammates are tied together by the wrist and must complete a series of simple tasks.
- Grab shoelaces, zip ties, cloth strips, or anything that can be used to tie two people at the wrists or ankles comfortably.
- Ask all players to form a circle, facing inwards. Ask them to place their arms at their sides. Place all necessary items for completing the tasks in the center of the circle.
- Use shoelaces or cloth strips to tie each person's wrists to his/her neighbor's until the entire group is tied together.
- Now ask the team to complete a series of tasks from the objects placed in the circle.
 - Example tasks include making a Lego structure, wrapping a present, building a bridge, pour a glass of water, etc.
- Since teammates are all tied together, they will have to communicate clearly and collaborate well to complete these seemingly simple tasks. You can add a time limit to increase the difficulty.
 - Alternative: Tie everyone at the ankles instead of the wrists. Ask them to complete some physical tasks such as picking up objects, crossing a maze (made with cones), transfer tennis balls from one bucket to another. For added difficulty, tie people at both the ankles and the wrists. If choosing this alternative, make sure everyone can comfortably participate.



22 This Is Better Than That (IP), (SG), (LG)

- Ask your team to find four to seven items around the office and bring them to one room. These items could be something they use daily, like a pen or a chair. However, you should encourage them to find items that are more odd or unique. This will make the game more challenging.
- Line the items up and split the group into sub-teams depending on the size of your group. Task each team with picking an item they would use to survive if stranded on a desert island.
- Tell team members that they cannot pick more than one and must assume it is the only item they will have on that island. Allow the teams time to deliberate and then ask them to present the item they chose and why.



23 Trust Walk (IP), (SG), (LG)

- Start in a nearby location. Ask participants to arrange themselves into pairs. Instruct one partner to be the guide (navigator) and the other to be blindfolded. Once the blindfolded partner is ready, slowly spin the person around a few times so that they are unsure which direction they are headed. Guide the participants to the field with obstacles. From this point on, the guide should not touch the partner at all, but rely solely on verbal cues (e.g., “In approximately five steps ahead, there will be a tree branch. Go ahead and pass over it slowly.”).
- The following are some sample questions to ask afterwards:
 - What was it like to be the “guide,” being fully responsible for the safety of your partner?
 - What do you think was the purpose of this team building activity?
 - Did you have any difficulty trusting your partner while blindfolded? Why or why not?
 - Why is trusting your teammates important?
 - Afterwards, how did it feel when you and your teammate successfully trusted each other to accomplish something challenging?
- Safety comes first! Large fields or the woods may be good places to try. Minor obstacles (trees, branches, small hills) are okay, but do not play this game in a dangerous environment (for example, anywhere with very steep ledges or sharp protruding objects). Make sure the area is accessible so that individuals in wheelchairs can participate as well. Once you have found a safe, large area, you can prepare additional obstacles if desired (cardboard boxes, balloons, etc.).



24 Unifying Values Pulse Check (V), (IP), (SG), (LG)

- Similar to the Blob Tree but with a Trojan twist, this activity is a great way to assess the current mental headspace of your team members.
- Share a printout of the USC Unifying Values (below) either through paper if in-person, or on screen if remote, or describe it to those who are unable to access or see.



Integrity

We do the right thing

Our words, decisions and actions align with and are guided by our values, honesty and ethical principles.



Well-being

We honor the whole person

We create a caring culture that fosters our ability to thrive in mind, body, and spirit as essential to the sustainable pursuit of USC's mission.



Excellence

We bring our best selves

We strive to better ourselves as a learning community, our institution and society through assessment, reflection, learning, innovation, research and collaboration.



Open Communication

We share openly and honestly

At all levels of the university, we set clear expectations and take responsibility for our actions, decisions, outcomes and consequences.



Diversity, Equity, and Inclusion

We all belong

We challenge our community to engage differences as strengths, embrace the richness of our lived experiences, and leverage diversity, equity and inclusion to drive excellence in support of a welcoming community where all can thrive, and discrimination is not tolerated.



Accountability

We take responsibility

We actively listen and communicate in a clear, honest, timely and accessible manner and provide opportunities for safe, respectful dialogue and interaction.

- Once everyone has had a chance to read through the six values, ask questions such as “What Value do you feel like you’re leading with right now and why?” and “Which value do you need to lean into more right now and why?”
- Go around the room (or Zoom meeting) and have everyone share by using the stamp or annotation feature in Zoom, or circle the value being addressed with a pen for in-person meetings.

25 Virtual Scavenger Hunt (V), (SG), (LG)

- Ask people to stay in their chairs until you call out a household item. The first one to get it and bring it back to the camera gets the point. Tally up the points at the end to see who wins a prize.
 - Examples:
 - Grab an item that has USC school colors (cardinal or gold).
 - Grab something that was a gift.
 - Grab a pair of socks.
 - Grab your favorite piece of clothing.



References

Cioca, Iulia Alina. “Team Building: How to Get Real Results from Team Building Activities.” ScienceForWork, 17 July 2019, scienceforwork.com/blog/team-building/.

Need more ideas? Here are [10 fun and easy outdoor team-building activities!](#)

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The USC WorkWell Center empowers USC faculty and staff to thrive in mind, body, and spirit, so that our people are engaged, productive, and happy. WorkWell provides programs and resources for USC-benefitted employees that help them thrive in all areas of work-life wellness. We do this through cost-free and confidential counseling, coaching, consultations, critical incident/stress management, and health and well-being promotion and education programs.

