

Virtual Teambuilding Totes

We know that everyone is experiencing computer fatigue, leaving teams less creative and less able to feel close to one another. We wanted to put together a resource for UWM students, staff, and organizations to utilize to beat the socially-distanced blues!

Student Leadership Programs is also available to facilitate custom workshops with your team (staff, e-board, student group, anyone!) - if you are interested in learning more, head to our website:

<https://uwm.edu/studentinvolvement/leadership/services/>

Like these activities? Have more to add? Let Student Leadership Programs know - email us at leadership-program@uwm.edu

Camera Etiquette - We highly encourage you to establish communal guidelines when it comes to turning cameras on.

- Have a conversation about the importance of having cameras on because:
 - It can help create connection and community
 - It encourages more genuine conversation
- Recognize that we also don't want anyone to feel uncomfortable
 - Welcome them to blur their background or choose a different background if they'd feel more comfortable
 - Provide instructions on how to do so

Other Virtual Tips:

- Microsoft Teams is coming out with breakout rooms! In the meantime, you will have to utilize Zoom in order to do anything with breakout rooms
- Pre-assign the order in which people will speak (typing out everyone's names in order in the chat works well)
- Model the energy you want from the participants – this is always important, but even more when it's virtual!

Energizers – Activities to excite a group

Name: Dance Party

Time: 2 minutes

Procedure: You can share your audio and play a song for everyone OR you can encourage everyone to play their own song and dance to it, while keeping their microphones on mute — so you're simulating a "silent disco" situation. Choose whether to allow people to turn off their cameras to do the whole "dance like nobody's watching" thing, or leave everyone's cameras on and enjoy each other's silliness together.

Name: What are you doing?

Time: 5-10 minutes

Procedure: Person 1 starts by doing a movement, such as shrugging their shoulders. Person 2 jumps in and asks “Hey [insert name]! What are you doing?” Person 1 responds “I’m driving a go-kart!” Person 2 responds: “That’s not. This is driving a go-kart.” Person 2 now does a new movement that matches the description and Person 1 mimics. Person 3 jumps in and asks Person 2 “Hey [insert name]! What are you doing?” etc. starting a new movement so all the 5-10 people are doing a new movement. This continues until everyone on the video call is doing one similar movement, one person at a time, with the movement changing with each person.

Icebreakers – Activities to get to know others

Name: Virtual Show and Tell

Time: 2 minute set up; 10-15 minute activity

Procedure: Tell each participant that they have 2 minutes to find something in their space that will tell us something about them, who they are and what matters to them. When everyone returns, give each participant two minutes to talk about their item.

Name: Fun with Virtual Backgrounds

Time: 2 minute set up; 10-15 minute activity

Procedure: Give everyone 2 minutes to set their “virtual background” to something fun, funny, or delightful, such as:

- The place you wish you could be right now
- Your favorite scent
- A still from a movie or cartoon you love
- Your favorite food/dessert
- A childhood photo of yourself
- Something that makes you happy
- Etc... you can even crowdsource ideas from the group

Once everyone has returned, go around and have everyone talk for one minute about what they chose and why.

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Name: 1-minute Rant

Time: 1 minute per person

Procedure: Before the meeting, ask participants to pick a topic they want to rant about for one minute – the more stupid, random, and nerdy it is the better! Ask them to send you their topic ahead of time to make sure everyone is prepared.

Once it is time for the activity, have participants rant about their subject one at a time. As the facilitator, make sure to keep time and cut people off after 1 minute.

Team Builders – Activities to build camaraderie in a group

Name: Story Spine

Time: 10 minutes

Procedure: Everyone comes up with a story together, one sentence at a time. Start by posting the text of the bullet points below on the screen. Then, have everyone go around and build the story, with these phrases starting each subsequent sentence:

Once upon a time...
Every day...
Until one day...
And because of that...
And because of that...
And because of that...
Until finally...
And ever since that day...

Name: Hidden Artist

Time: 15-20 Minutes

Procedure: This activity is a fun competition to see which group can most accurately recreate an image. It is well suited to guide discussion around communication styles, barriers to inclusion and working through ambiguity. Tell participants you are sending them into breakout rooms. Once in breakout rooms, one person should volunteer to draw for the next activity (“the artist”).

- After the artist is set, all participants except for the artist should leave the breakout room and return to the full meeting.
- When all participants (except for artists) have returned, the facilitator shares their screen to reveal the image shown after step 12.

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- [2 minutes] Participants may view the image. In the spirit of this activity, which focuses on memory and communication, they are not allowed to capture it (for example, taking a screen shot, recreating on paper while viewing, etc.).
- Send participants back to breakout rooms.
- [10 minutes] Participants should describe the image to the artist. The artist must recreate the image either via Whiteboard or a piece of paper and a pen
- Once finished, the artist must finish their image (and save their Whiteboard if virtual)
- Recall all participants to full Zoom meeting.
- One at a time, each artist shares their screen and displays what they drew.

Name: Three-Headed Expert

Time: 5-10 Minutes

Procedure: Anyone can enter questions into the video chat. You will select a question and three people to be the three-headed expert answering the question. They must answer the question together, but each person can only give one word at a time. For example, person #1 says one word, person #2 says one word building on that, person #3 says one word, person #1 says the next word, and so on until the answer is complete. This works well even with larger groups as only three people need to be synchronized around who talks when.