



TEAM BUILDING

ONLINE ACTIVITIES

Elm Communications believes that for your team to work well together, they need to have some fun! Relationships are built when there is trust, connection and camaraderie.

An easy way to do that is to incorporate team building activities into your normal routine.

The following are all activities you can run during your online team meetings or dedicated team building sessions. They are made to get people laughing, thinking or talking.

ONLINE ICE BREAKERS

An icebreaker is an exercise you can use at the start of a meeting to help attendees feel more at ease and ready to participate. It is also a good opportunity for team members to get to know each other or learn new things quickly. Ice breakers should run from 5 - 20 minutes.

Here are some examples of ice breakers.

JUST ONE LIE

This method is an adaptation of the well-known icebreaker 'Two Truths and A Lie' to create an activity that can be run throughout the meeting or all in one go. In the chat, participants share three things about their personal lives. But everyone includes one lie. In one go or throughout the meeting you can return to the entries for each participant, ask them to read out information and ask other people to guess what the lie was. This is an ongoing get-to-know-you exercise that works with a small group (8-10 people max).

THREE WORDS

This is a good warm-up activity and it can also be useful to discuss the importance of adapting to changing situations and thinking on one's feet.

1. Ask participants to agree on a random topic. It can be anything from food to dogs, to rugby.
2. Explain that each person should contribute with three words to the story (and three words only at a time) and they will take turns to contribute.
3. Encourage the participants to say the first three words that come to their mind. It does not matter if they make sense or not.
4. Try to move from one person to the other quickly.

RED BLUE USED NEW

Ask all participants to hold up something from the room they are in that is red. Depending on the size of the group ask everyone or just a few people to share a story about the item they held up. Repeat, asking everyone to hold up something blue. Again, share stories. Repeat, something used (or old). Share stories. Final round, share something new.

CHILDHOOD DREAM

This icebreaker is useful to start a discussion on how priorities and goals can change throughout a person's life.

1. Ask participants to think about 'what they wanted to be when they grew up' and when it changed.
2. You can either have participants discuss this as a whole group or have groups of participants in breakout rooms.
3. End with a summary of all the contributions from all participants and a group discussion.

TEAM BUILDING

Team building activities help to build trust, understanding and relationships within a group of people who already know each other.

COMMUNICATIONS ACTIVITY: DRAWING

In this activity, a person has to instruct the rest of the group to draw an item. They have to describe their chosen item without revealing what it is, and they are not able to see what the “artist” is drawing.

1. Call for a volunteer to be a drawer.
2. Ask everyone else to get a piece of paper and a pen.
3. Ask the drawer to Google "random image" and to describe the first image they see.
4. They then have two minutes to describe the image without using a descriptive term or word.
5. Everyone in the group shows their images.
6. Ask for a new volunteer to be a drawer. Do two more rounds.

SPEED MEETING

Like speed dating, speed meeting helps you rapidly share information and have fun! Ask one person a question and then ask them to nominate someone else. Some questions might be:

- Given the choice of anyone in the world, whom would you want as a dinner guest?
- Would you like to be famous? In what way?
- Before making a telephone call, do you ever rehearse what you are going to say? Why?
- What would constitute a “perfect” day for you?
- When did you last sing to yourself? What song?
- If you were able to live to the age of 90 and retain either the mind or body of a 30-year-old for the last 60 years of your life, which would you want?
- Name three things you and your partner appear to have in common.
- For what in your life do you feel most grateful?



TEAM BUILDING

THREE THINGS IN COMMON

The aim is to learn information about other people. Hence, this activity can be either a great icebreaker or a way for people within an established team to understand better and communicate.

1. Split your participants into groups of 5-8 or more and allocate them to breakout rooms.
2. Ask each group to find as many things that they all have in common (ask them to avoid obvious things, such as all being men or women) and something unique to each participant. They will have 5 minutes for this task.
3. At the end of the 5 minutes, everyone comes back, and each group to share their list with the rest of the group.
4. Ask any groups to share the detail of anything unexpected or unusual!

KNOW ME BETTER

This activity will help colleagues to get to know each other better. This focuses on who they are at work and the little things that can make a difference. I love these questions:

1. Wake me up with a cup of?
2. My 3pm snack of choice is?
3. My worst vice is?
4. When I was growing up, I wanted to be?
5. I recharge by?
6. During the week, my non-negotiable is?
7. My best time of day is?
8. I am at my best at work when?
9. I think by?

(Note; some people like to talk out loud, some people put headphone is, others stare out the window)

10. Don't disturb me when?
11. When things go wrong, I tend to?
12. I handle conflict by?
13. I want to build skills in?
14. You can help me by?
15. There is one more thing you should know about working with me...

TELL ME A STORY

This is an easy way to share something personal about your life with your colleagues.

- Ask everyone to use their phones to take a picture of something in the room they are in (Pets, Kids, Desk space—even messy desk spaces, Refrigerator, Outfit, Closet)
- Pick something that tells a story about you or your life.
- Ask everyone to upload the photos to the group chat (Teams, Zoom, WhatsApp)
- One by one, ask people to share their stories. You could do this throughout the meeting rather than at one time.



ENERGISERS

If you are running a long meeting or a workshop online, you will notice that people will start to drift away. To get the energy back, you can run an energiser to get everyone focused again.

UP AND DOWN

Get moving! Ask all participants to stand up. Tell them that you are going to give them instructions on which direction to look. They have to turn their head (only their head, not the body) and look in the appropriate direction.

Explain the details. When you say, “Up”, the participants should tilt their heads and look at the ceiling (or the sky). When you say, “Down”, the participants should lower their heads and look at the floor (or their feet). When you say, “Left”, the participants should turn their heads to their left. When you say, “Right”, the participants should turn their heads to the right. Give directions at a rapid pace.

HAVE YOU EVER? (HANDS UP IF)

Before the workshop, prepare a list of questions that can only be answered with yes or no. These questions should begin with “Have you ever...?” or “Hands up if...”. The meeting chair reads out the questions or statements one by one. For each statement, the participants put their hands up to answer the statement with yes (think Jazz hands). The questions should be designed not to be discriminatory, intimidating or insulting. Possible topics can be countries visited, dishes, games or sports tried, movies seen etc.

HUMAN ROCK PAPER SCISSORS

Good old Rock Paper Scissors.

Start with nominating two participants to play. Then, get all participants to do the actions bigger than they normally would - scissors that look like a crocodile, whole body curled into a ball. Normal rules apply, Rock beats Scissors, Scissors beat Paper, and Paper beats Rock. Best out of 5 rounds wins.

Whoever wins goes onto the next round, with the 'losing' participant becoming a cheerleader, and so on and so on until there are two teams.

CONTACT US

Elm Communications is always here to help.
Please reach out for a chat.

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