

Fun Team Activities for Lockdown

Prepared by:, Rainbow HR

rainbowhr.com

Quick Ideas

Fun Team Activities

Virtual Coffee Breaks Have a random chat over a coffee!

Stretching & Yoga Sessions > <u>Access free sessions here!</u>



555

Crazy Hat Tuesdays Make that Zoom call more interesting!

Colour Theme Days Need an excuse to mix up your wardrobe?



Virtual Lunch Wednesdays Evaluate who is having the most delicious lunch!

Fancy Dress Fridays Dress up for video calls, prize for best costume!

Formal Fridays Black tie and cocktail frocks for the day!

Pet Show & Tell Show off the furry friends keeping us all sane!





rainbowhr.com

Create a Story

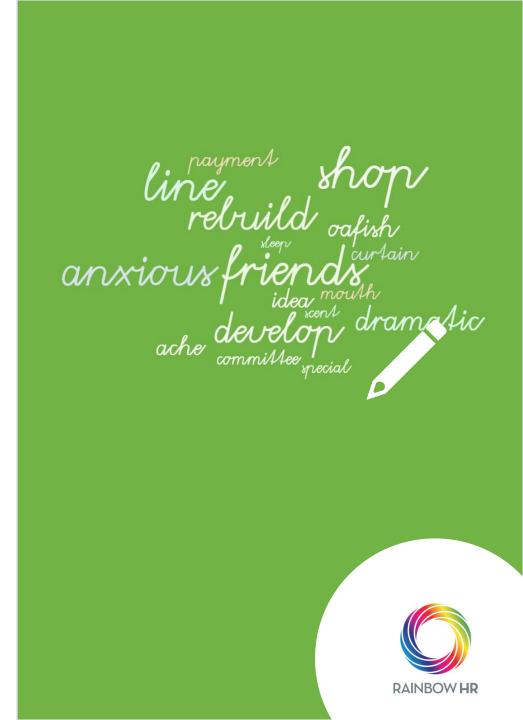
Fun Team Activities

Getting Started

The only thing that you need to do here is to share some random words that will be common for everyone.

Get Creative

And then, ask each person to create a short story using those random words and read them out to the team. Bound to cause a few laughs.



Charades

Fun Team Activities

Getting Started

That classic Christmas family favourite can still be played virtually - as long as you concentrate carefully.

To play, you just have to take it in turns to come up with a film, book, play or even person, then act it out to the other players.

All you will need is a timer and some paper and pens to keep track of the score.



The Rules

- \circ No words
- No pointing at objects in a room
- No lip movements
- Only "acting out" words or pantomiming similar sounding words



Pictionary

Fun Team Activities

Getting Started

Lots of fun and pretty simple — you get on a call, start a game and then everyone gets a turn at drawing a word while everyone else is trying to guess it.

Try using a '<u>Pictionary Word Generator</u>' to provide the words.



Remember

No words, numbers, gestures, and/or verbal/nonverbal cues may be used.

The point of Pictionary is to draw pictures and guess what the word or phrase is!



Quizzes

Fun Team Activities

Getting Started

Can be held weekly or less often, ranging from workrelated to general knowledge ones; sometimes the quiz could be themed. You can have a 'quiz master' or ask people to volunteer to host it.

The set-up is quite simple — and you could use <u>Poll</u> <u>Everywhere</u>, which does the leader board for you, based both on correctness and the speed of answers. You can also get participants to share a Truth or a Lie to the quiz master and they will table these as part of the quiz.

Couple of general question links – <u>Here</u> and <u>here</u>.



Quiz Topics General Knowledge Music & Films History Geography Sports Famous Faces



Online Happy Hour

Fun Team Activities

Getting Started

Having an occasional call just to chat, maybe grab a drink and not talk about work is useful. It helps include everyone, which is key if you have shy colleagues who can feel completely left out in this working from home environment.

You could discuss movies, gardening, mealprepping —basically anything people are interested in. Zoom can be used, with no set length of time for people to drop in and out.



Top Tip

- People feel more at ease if the focus isn't solely on talking.
- Why not watch a TV show together or play an online game where the conversation will be more casual and natural.
- You could all agree upon a dish everyone might try and cook together.



Daily Challenge

Fun Team Activities

Getting Started

Nominate someone to set a challenge for the day, could be related to health and wellbeing, food, crafts – anything!

The colleagues post their evidence and the person setting the challenge declares a winner who sets the next challenge and so on. Could use a Whatsapp or Teams group.

î Î î

Fitness Challenges

Beginner

- Regularly take more than 10,000 steps a day
- Perform 12 bodyweight squats without stopping

Advanced

- Run a mile (1.6km) in less than nine minutes
- Hold a classic plank for 45 seconds
- Deadlift more than 50% of your bodyweight



Bingo

Fun Team Activities

Getting Started

Online bingo can be played, you can get bingo cards from Amazon or take the time to make your own and send these over in advance.

The numbers can be generated using: https://appzaza.com/bingo-numbergenerator

Bingo Calls

- 1. Kelly's Eye
- 2. One Little Duck
- 3. Cup of Tea
- 4. Knock at the Door
- 5. Man Alive
- 6. Tom Mix
- 7. Lucky Seven
- 8. Garden Gate
- 9. Doctor's Orders
- 10. Cameron's Den
- 11. Legs 11



Glasgow Office

272 Bath Street, Glasgow, G2 4JR

<u>+44 (0)7739 447369</u> info@rainbowhr.com

London Office

71–75 Shelton Street, Covent Garden, London, WC2H 9JQ

<u>+44 (0)7739 447369</u> info@rainbowhr.com



rainbowhr.com