



RAINBOW HR

Fun Team Activities for Lockdown

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Quick Ideas

| Fun Team Activities

Virtual Coffee Breaks
Have a random chat over a coffee!



Stretching & Yoga Sessions
> [Access free sessions here!](#)



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!



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

- 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 '[Pictionary Word Generator](#)' to provide the words.



Remember

No words, numbers, gestures, and/or verbal/non-verbal 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 work-related 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 [Poll Everywhere](#), 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 – [Here](#) and [here](#).



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, meal-prepping — 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.



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-number-generator>



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



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