



Activities & Energizers for Virtual Settings (shared from a variety of sources)

Show Me

The facilitator invites people to “show” something. The participants must stay in their chair and grab what is nearby and hold it up on screen – call out common items like notebook, pen, water bottle, cell phone. An adaptation of this can be “Go Find Something” – encourage the participants to get up and move around to locate an item, calling out items that aren’t likely within reach.

Silent Mirror

The leader starts doing an action on screen and everyone else needs to imitate it. Once everyone has mirrored the action, the leader names another participant to be the leader and that person starts a new action.

Disguise Yourself

Ask participants to turn off or cover their cameras and give them 2 minutes to create a disguise with items they can find in that time. At the end of two minutes, invite everyone to turn their cameras back on while they are wearing their disguises.

I Like People who...

An online adaptation of the in-person game where people switch seats when they fit the description. Rather than changing seats, if you fit the category you uncover your camera. A small post-it makes it easy to cover/uncover while still being able to see the virtual room. Sample questions – I like people who are early risers, I like people who are still in their pajama bottoms, I like people who have a dog.

Finger Yoga

Put hands together with just fingertips touching. Push the fingertips together with pressure, then each finger individually (thumbs, index, etc.). Rotate each finger connection. Apply pressure to the fingertips one last time.

Eye Yoga

Invite participants to close their eyes. Look up, look down, look right, look left. Then look top right, bottom left, bottom right, top left. Repeat a few times.

Equipping the Bus

Send small teams into breakout rooms. Using the whiteboard feature (or a piece of paper) and one person will be the artist. Draw a bus, and then using ideas from all group members equip the bus with features that represent teamwork. Each group should save their image. When the time is up, a reporter from each group shares the picture and describes the various features.

High Fives

Participants put their hands out front – palms facing the monitor. Turn the palms sideways and high five the participants to the right and left.

Checking for Understanding

- Use the 'reactions' buttons within the meeting platform
- Physical thumbs up, thumbs down or thumbs to the side
- Fist to five – a fist is lowest level of understanding and five fingers is highest