



Ideas for Virtual and Social Distance Activities for 4-H Activities

Rock, Paper, Scissors: Choose emojis from your virtual platform (e.g. clapping, thumbs up, crossed arms) to take the place of rock, paper and scissors. 1, 2, 3.....go. If you are playing the game in a large group, then the item with the most team members wins.

Theme meetings: Invite participants to create and share their own background, dress up, bring a prop or bring a food related to a theme for your meeting - such as “under the sea”, “fantasy”, etc.

Un-birthdays: Invite participants to celebrate: bring your own cake, sing happy birthday to nobody/everybody, or sing the un-birthday song from Alice in Wonderland, share a wish, share photos from birthday parties past, exchange cards with kind messages.

A frame a week: Capture a group snapshot during every one of your zoom meetings and combine those into a video at year’s end.

Whiteboard games: Using a shared screen feature in your virtual platform, play games like hangman, tic-tac-toe, and Pictionary.

Dress up days: Choose a theme and invite everyone to arrive in costume. Suggested themes include: pajamas, careers, superheroes, historical figures, sports, and funny hats.

Rose/Thorn Icebreaker: Start your meeting by having everyone share their rose (any positive that makes them feel grateful, happy, etc.) and also their thorn (a challenge).

Three things about me: Before the meeting, ask all participants to answer three “about me” questions. At the meeting, share the answers and work together to pair the answers with the right person. Once everyone has guessed, reveal the correct matches. Alternates: **Two truths and a lie** for each person is submitted ahead of time. The group has to decide which one is the lie.

Fact Recall Mission: Each participant introduces themselves and gives a “fact” about them; usually with a prompt, such as favorite thing to do with my family. Each person will try and recall who said what during the introductions.

Open Mic: Everyone gets 1 min at the beginning of the meeting to share a talent, fun fact about your 4-H project, or anything else they would like to share.

This or that: First, choose two things, like eggs or bacon. The group has to decide on which one they would keep and which they would do away with forever. As a group, it’s majority rules. Then you come up with something else to battle the winner. So, it would look like this: eggs or bacon (let’s say bacon wins), then bacon or waffles (let’s say bacon wins again), then bacon or toilet paper, and so on.



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Picture Walk: Each person brings a picture or share their screen with a picture that means something to them. Then each members gets two minutes (or more, depending on how much time you have) to share the story behind that picture.

Bucket list: Each person comes up with 5 top things on their bucket list. Then they share and see what they have in common with others.

Name Game: Every member of the group chooses an adjective that starts with the same letter as the first letter of their first name. The put that adjective in front of their first name, and they have their new name. So for example: Bubbly Ben. For an added challenge, you can see if people can remember everyone’s names throughout the conversation.

Can You Hear Me Now?: Use a random image generator (<https://randomwordgenerator.com/picture.php>) to identify an appropriate image. One person is the speaker and describes the image for everyone else to draw on a piece of paper. The one guideline is the speaker must only use geometric shapes. For example, you could say “draw a large circle and then three equidistant triangles” but not “write the letter E”. By limiting instructions, the speaker needs to exercise extremely accurate communication skills, and the artists need to listen and interpret.

Guess Who: Create a prompt. Ask everyone to submit a private chat to the facilitator with their response. The group tries to guess who provided each response. Example: Things you shouldn’t put in water.

Credits:

<https://teambuilding.com/blog/zoom-team-building-ideas>

<https://snacknation.com/blog/virtual-team-building/>

<https://www.eschoolnews.com/2020/04/28/10-team-building-activities-for-distance-learning/>

<https://museumhack.com/virtual-team-building-for-remote-teams/#can-you-hear-me-now>



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