

# COVID-19: TEAM ACTIVITIES TO BUILD SOCIAL CONNECTION

Team activities help to keep the team connected, share ideas and support, and have fun! Ideally team members will design their own activities. It is important that all activities are voluntary and comfortable for everyone. Some team members prefer to listen or watch rather than participate, and boundaries need to be respected.

## Some Examples:



### Photo Gallery:

Upload pictures to a shared platform, such as Microsoft Teams, of pets, children, hobbies, or projects to help others get to know you better.

The manager going first can be really encouraging!



### A Slice of Life:

Show something that will help others get to know you better e.g. a pet, a plant you love, something you created e.g. knitting, pottery, woodwork or a favourite object in your home.



### Changes, Changes:

Team members discuss one change that has been surprising about our response to COVID-19, e.g. a new and stronger sense of community, or all the humour online.



### Stress Relievers:

Share a good neck stretch, talk about physical activity on your lunch break, or how you made a remote workspace comfortable.



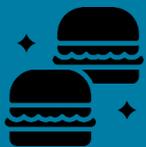
### Team Challenges:

Team members could choose one new good habit and sustain it for seven days, keeping each other accountable daily.



### Helpful Hints:

On a volunteer basis, (some prefer to just listen + learn) share one thought, activity, or habit that has helped you cope a little better in the past couple of weeks with all the challenges.



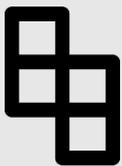
### Lunch Together:

Schedule a time for everyone to eat lunch together virtually that includes at least one favourite healthy food and say why you like it.



### Money Savers:

Share tips on saving money e.g. free services, apps for tracking spending and budgeting, special offers or good deals (on a volunteer basis, some staff might prefer to just listen + learn).



### Games:

Choose a free online platform to play a fun and challenging game with the team.



### Celebration Time:

Take the time to celebrate a birthday, a team achievement, or just getting through a tough first few weeks!