

Team Building Activity Guide

8 quick, low-prep activities for in-person and virtual teams





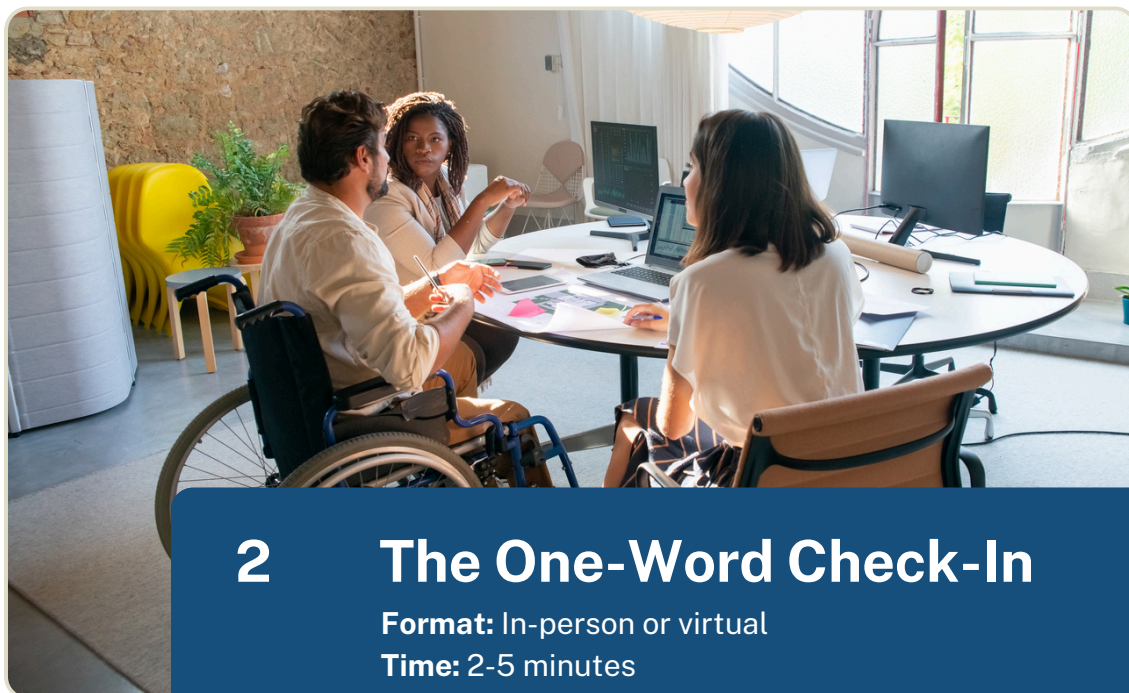
1 Two Truths and a Lie

Format: In-person or virtual

Time: 5-10 minutes

How it works: Each person shares two true statements and one false statement. The team tries to guess which statement is the lie,

Purpose: Builds rapport and encourages storytelling.



2 The One-Word Check-In

Format: In-person or virtual

Time: 2-5 minutes

How it works: At the start of the meeting, everyone shares one word that describes how they're feeling.

Purpose: Fosters emotional awareness and connection.



3 Desert Island Scenario

Format: In-person or virtual

Time: 10-15 minutes

How it works: Ask, “If you were stranded on a desert island, which three items would you bring and why?” Then let each member respond.

Purpose: Sparks creativity, humor, and insight into priorities.



4 Quick Scavenger Hunt

Format: In-person (office) or virtual (at home)

Time: 5-10 minutes

How it works: Give a short list of items (e.g., something blue). Everyone finds and brings back items to share.

Purpose: Energizes the group and creates lighthearted sharing.



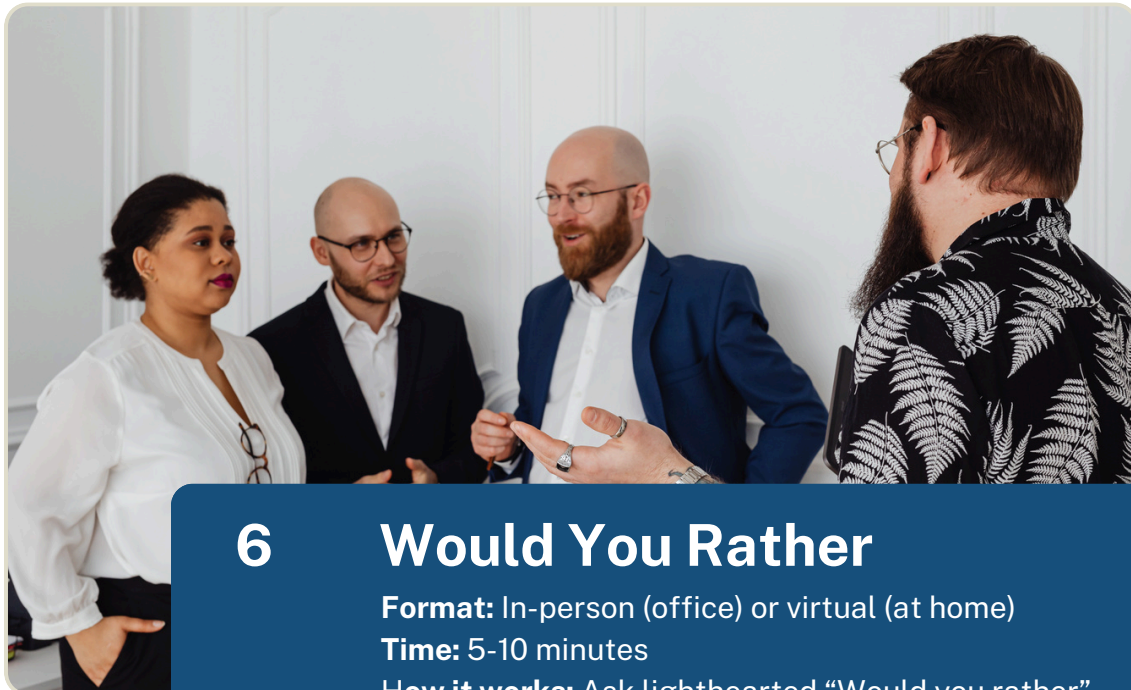
5 Pictionary (Fast Round)

Format: In-person (whiteboard) or virtual (Zoom whiteboard or app)

Time: 10-15 minutes

How it works: One person draws while others guess. Use work-related or fun prompts.

Purpose: Boosts collaboration and creativity.



6 Would You Rather

Format: In-person (office) or virtual (at home)

Time: 5-10 minutes

How it works: Ask lighthearted “Would you rather” questions (e.g., “Would you rather work from the beach or a cabin in the woods?”).

Purpose: Encourages laughter and reveals preferences.



7 Silent Line-Up

Format: In-person

Time: 10 minutes

How it works: Without speaking, have the team line up by birthday, height, or years at the company.

Purpose: Promotes nonverbal communication and problem-solving.



8 Emoji Storytelling

Format: Virtual

Time: 5-10 minutes

How it works: Each person tells a quick story about their week using only emojis in the chat. The Team tries to interpret.

Purpose: Fun way to share updates and build understanding.

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