

Hello Everyone - I cannot believe more than a week has passed since we were all together! I have created a list of activities/ideas you may find helpful and attached two items as well!

First, as mentioned during the training, the <https://www.nctsn.org/> is an excellent resource for exploring how to become more trauma informed and ways to support the wellbeing of professionals in the field.

IN-PERSON ACTIVITIES:

Playing kids games like Rock, Paper, Scissors, Cat's Cradle (string game), Miss Mary Mack (great games to play when starting off in pairs). Another is to have a pair come up with a "secret handshake" that they show off and use when they see each other in the office. It is great to do with folks that don't work directly or have a close relationship as a way to build connection.

Create an office recipe book. Have folks share favorite recipes to add to it. It can be saved as a word document so folks can add to it. Then use it to make potluck dishes for office parties.

Puzzles!! Have teams of 3-5 put together a simple puzzle. The trick is that a few pieces are missing (the dollar store Disney/cartoon characters are perfect) so you don't exactly know which character it is and have to guess as a team. This becomes a two part challenge – who finishes first and who guesses the character.

Play at a playground! Have a Yo-Yo, hula-hoop, or jump roping contest!!! Play hopscotch, Duck Duck Goose or musical chairs!!

Drawing Activity - Have someone start with a shape/swirl on a piece of paper, then pass it to the next person, and then the next (each needs to start from where the person before them). It can loop through and overlap! Use different colors for each shape that is drawn. Then when you are done, pass back through starting from the end and fill the spaces with color (color pencils are great!). Drawing is relaxing and a great way to open our minds.

Put folks into teams (large or small) and have them compete to keep a beach ball in the air. You can even put everyone together and see how many beach balls they can keep in the air at one time.

THANK YOU NOTES: You can buy a pack of 8 at the dollar store for \$1.25 to keep in your desk or car. The process of writing a quick thank you and giving it to someone else not only builds connection but makes us feel good about ourselves. A sticky note thank you works too!!!!

Similar to the thank you note is having APPRECIATION tear-off sheets (**see attached**). You just tear one of the notes and leave it for a colleague to find on their desk.

Play BINGO!!! **Attached** you will find a Bingo game we created. You give folks a few weeks to get it completed. Then have prizes for those who complete the entire sheet.

Reach out to agencies you work with on a regular basis and ask them to send a message of thanks. Then take all the messages to create a power point to show during a meeting as a surprise (this one is geared more towards directors/supervisors to do for their office)

Carve out a regular “recess” time during staff meetings or monthly luncheons together!!!! Something to always keep in mind, it is important to have a mix of activity levels when it comes to games. For those unable to do some of the more active ideas, giving them the responsibility of cheering folks on, picking winners, coaching others are all ways to keep them engaged.

VIRUTAL ACTIVITIES:

A web based resource <https://www.idrlabs.com/true-colors/test.php> is the True Colors Personality test. This is a great way of getting folks connected with each other. Offices I used this with discovered different ways they connect with each other (ie: one office discovered that most of the “gold” people can’t go to bed unless all the dishes are done!). It is a great way to explore how people think/learn/express themselves based on these identified personality types. During COVID remote work, it was easy for folks to complete the test online an then have a discusses over a few “staff meetings’ about the findings. Colleagues were encouraged to find a virtual background with their color. It makes for a beautiful rainbow of colors during a virtual meeting!!!

Having a Scavenger Hunt was mentioned during the conference training! When folk are working remotely, the main thing to consider is location.... Someone working from home can easily grab a coffee mug while someone working from their office desk likely has a stapler nearby. If everyone is working from home, you can ask them to grab things like a favorite book or a t-shirt with a funny saying.

Another game is “I SPY” where you have each person take a turn saying something they see on the screen.... A person would say “I spy something green” (in reference to someone who has a plant visible on a windowsill behind them)

Use the breakout rooms to have small group conversations (use questions like “the first job” we did at the training to get the group talking and sharing)

Create a Word Cloud as a team. You can ask everyone to come up with one word that describes how they feel about being part of the office, or a word of positivity, a word that describes change or growth within an agency.... Anything you want to capture! This a word generator I have used <https://www.freewordcloudgenerator.com/generatewordcloud>

Another thing we did was virtual Halloween gatherings where folks wore costumes and virtual holiday party where folks were encouraged to wear an ugly sweater.

Thank you all again for a wonderful end to my week! I enjoyed our time together!