



# Fun & Games: Brighten Up Your Workplace this Winter!

*Invest EAP/Centers for Wellbeing*



# Today's Agenda

1. Setting Intentions
2. The 'Why'
3. The 'What':  
Team-building and  
workplace-centered  
activities  
(and let's play!)
4. The 'How'
5. Questions and wrap-up



# PLAY

How do you define it?

Please share in the chat.

*What do you do for play?*



# WHY BRING PLAY AND JOYFUL ACTIVITIES INTO YOUR WORKPLACE?



- The research is abundantly clear: **happier brains do better work!**
- **Connection** creates a powerful shift in our mindset; we need moments of joy and fun **now more than ever**

## WHY THE POWER OF PLAY, LEARNING ABOUT AND LAUGHING WITH EACH OTHER MATTERS

When we specifically **set aside time** to apply these research-based strategies:

- Relieves stress and tension
- Restores energy and focus
- Strengthens connections with each other and a feeling of belonging
- Supports emotional balance and resilience
- Boosts creativity & brain function
- Productivity increases (yes, really)
- Joy is contagious!





"Hope this email finds you well..."  
How the email found me:



WHAT HAPPENS WHEN WE DON'T  
MAKE TIME FOR FUN?

# ACTIVITIES AND GAMES

(THESE WORK FOR IN-PERSON, REMOTE, OR HYBRID TEAMS)



# BRAIN TEASERS - LET'S PLAY!

## BRAIN TEASERS

- The next slides will be images that represent a word or an expression
- The first one to guess the answer for each puzzle wins!

### *Example*

**SITTING**  
**THE WORLD**

H O ☺ R



**TROUBLE**

---

gsge gsge

egsg egsg

gges gges

esgg esgg



# ENTURY



WINEEE



**THOUGHT      BUT  
THOUGHT**

S S S S  
B B B B  
A A A A  
R R R R  
G G G G

# LET'S PLAY WHAT'S NEAR YOU?

## What it is

- **A fun way to share something unique, personal, or quirky with each other.**



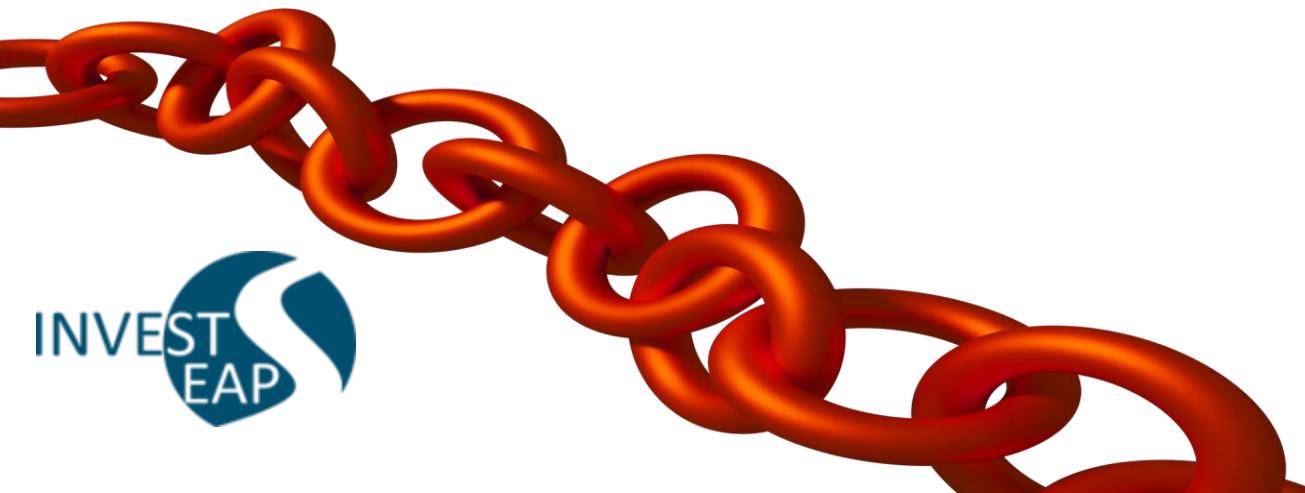
## How to do it

- **Use Breakout Rooms of groups with 3-4 team members**
- **Take turns sharing unique, funny, strange, or weird objects laying around your workspaces.**
- **What purpose do the objects serve? Are memories attached to them or are they merely for amusement?**

# LET'S PLAY STORY CHAIN

## What it is

- This collaborative activity combines imagination and to create a shared team experience
- It works well for groups looking for creative and engaging indoor fun
- Works well for remote and in-office teams



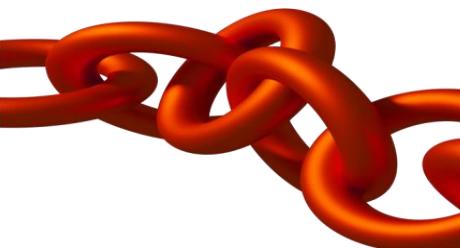
## How to do it

- Start with one person **crafting the opening line** of a story.
- Each **team member adds one line** to continue the narrative.
- Keep going until **everyone has contributed multiple times**, creating a hilarious or unexpected story.
- For hybrid teams, use a collaborative document or chat platform.
- This activity boosts creativity, enhances teamwork, and often results in humorous outcomes that the team can bond over.

# LET'S PLAY STORY CHAIN

## What it is

- This collaborative activity allows participants to contribute and to create a story together.
- It works well with small groups and engaging topics.
- Works well with asynchronous communication.



- *The door slammed just as the lights went out.*
- Mary's fairy wings took her to all parts of the world to do good.
- *Jack Turner had the rare talent of disappointing everyone before noon.*
- Everyone in town believed the house was empty. They were wrong.
- *Magic always comes with a cost.*
- Snow fell in thick silence over the town, hiding everything that mattered.

the opening line of

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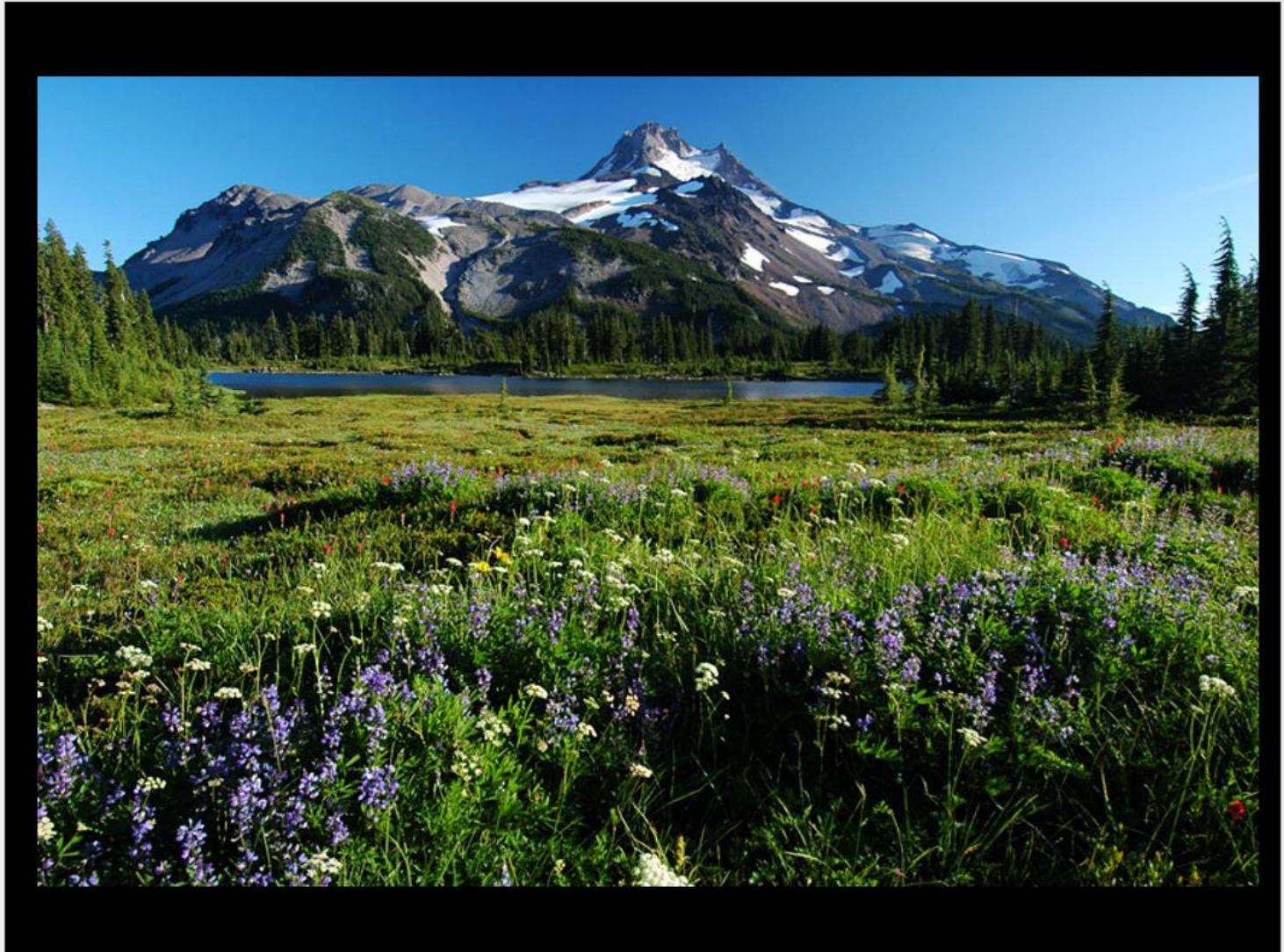
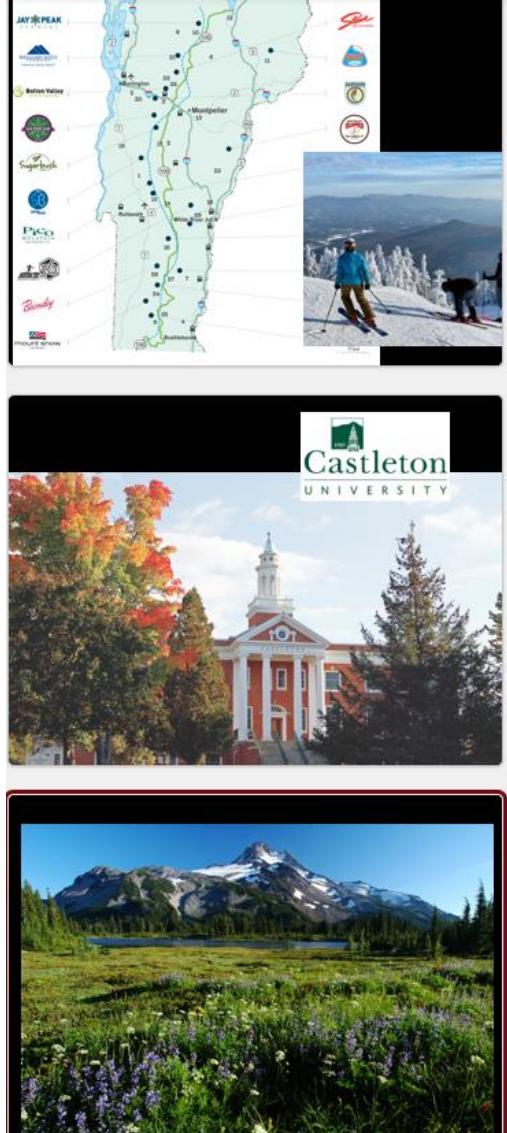
# PECHA KUCHA

## What it is

- Each employee creates their **personal slide show**
- Each show contains **10 pictures** with each picture being on screen for 10 seconds
- The key is that each slide **must contain pictures from their life** outside of the office
- Of course, it's according to their comfort level
- Cultivates **belonging and connection**

## How to do it

- **Download and share this template** (includes instructions) with your team
- Prepare staff in advance and **allow work time to complete their slide show**
- Ask them to prepare their **own unique Pecha Kucha** presentation.
- At each upcoming staff meeting, ask 2-3 people to share their Pecha Kucha
- Repeat each meeting until everyone has shared



*Pecha Kucha example*

# OFFICE OLYMPICS



## How to play

- Set up stations with mini-games like rubber band archery, paper airplane flying contests, cup stacking races, and conference table ice curling
- Rotate teams through each station and award points for each event.
- Fosters collaboration and creativity in a lively environment
- An energetic way to turn everyday office tools into props for a series of creative challenges

# Activities and Games: Your Toolkit!

In-person	Hybrid	Asynchronous
Orange Bowl The Barter Puzzle Game of Possibilities Truths and Lies Office Olympics	Brain Teasers – Word Game What's Near You? Team-Building Bingo Common Ground ABC Scavenger Hunt Mad Libs Pass the Word Would You Rather? Tell Someone Else's Story Play music at the start of meetings	Pecha Kucha Guess Who? The Baby Game Picture of the Week Weekly polls

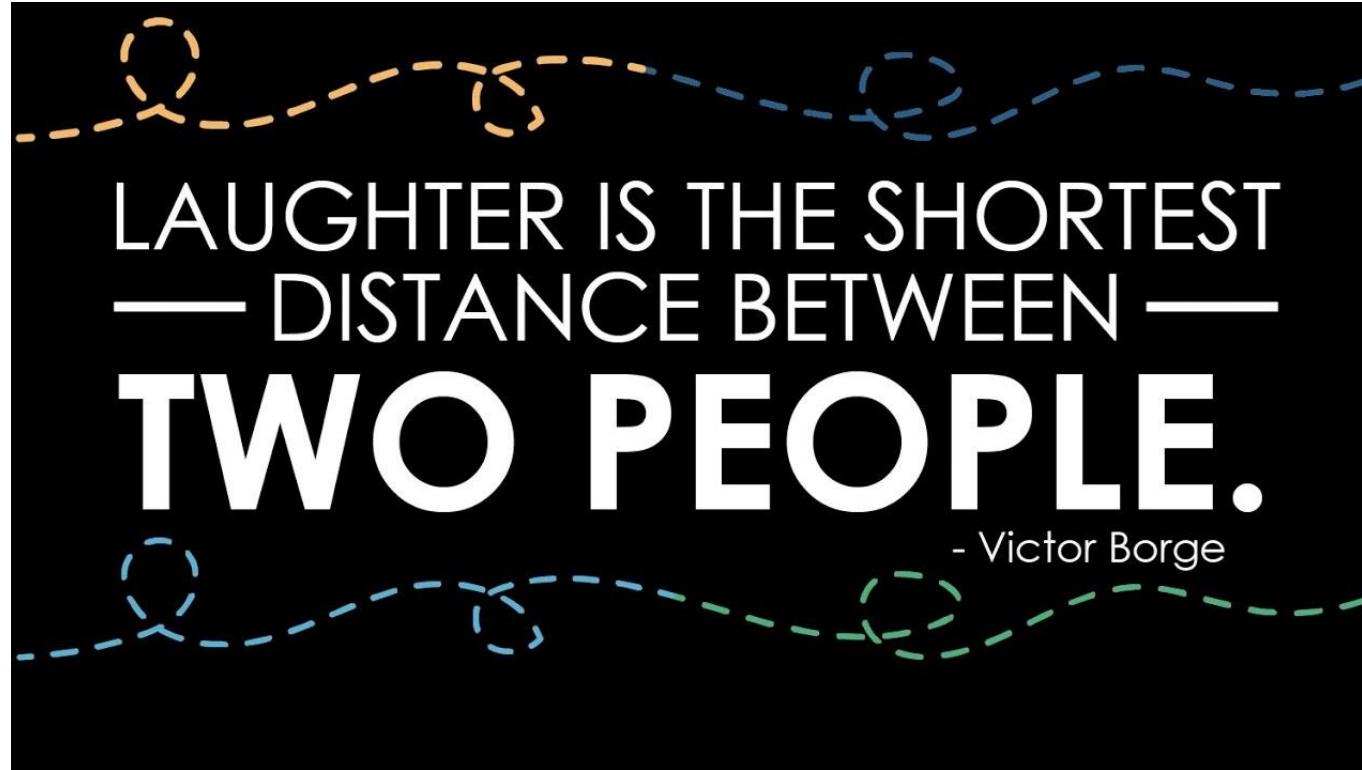


*These two  
are very  
quick and  
can be  
done by  
anyone!*

# The 'How'

- In what real ways could you bring moments of fun to your workplace? Be specific.
- If needed, how would you get buy-in from leadership?
- Reflect: Is there anyone on your team that would be a great 'ambassador' for fun and joy in the workplace?





What is one  
game or activity  
you are taking  
with you?

Please share in the chat.

# Thank you!

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