



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

T***R*****O*****U*****B****L****E**

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 collaborates and to create
- It works well and engaging
- Works well

- *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.*

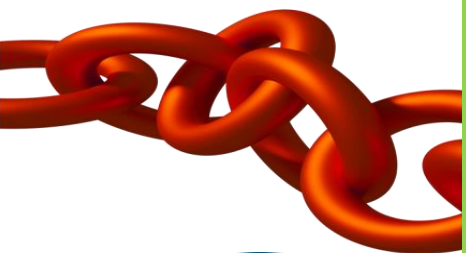
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PECHA KUCHA

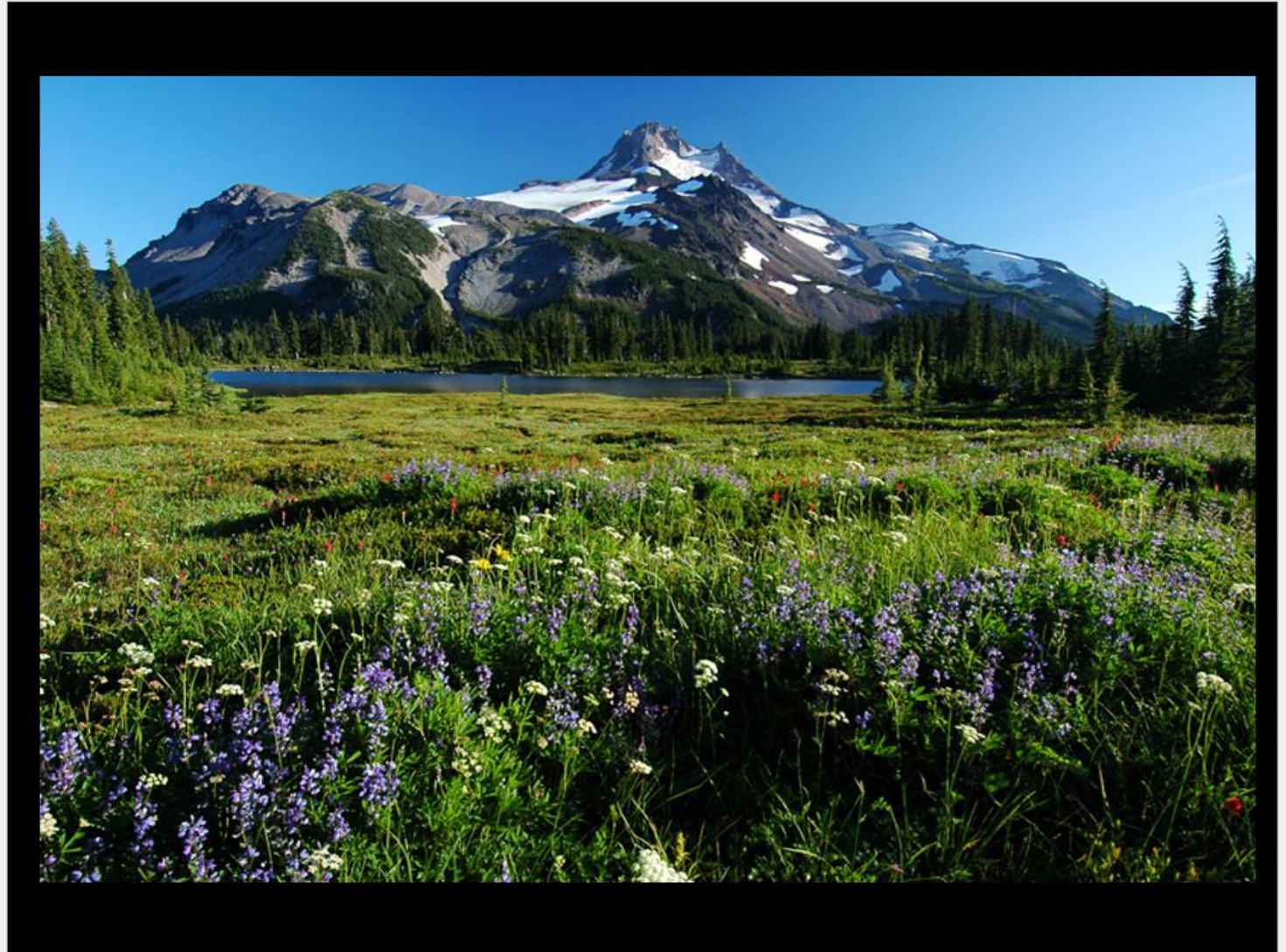
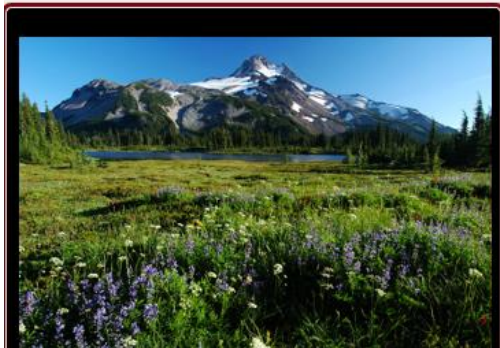
What it is

- 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  <i>These two are very quick and can be done by anyone!</i>

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?





LAUGHTER IS THE SHORTEST
— DISTANCE BETWEEN —
TWO PEOPLE.

- Victor Borge

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

Please share in the chat.

Thank you!

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866-660-9533

