

Well-Being Virtual Activities

Fun team engagement ideas

Stress Management & Emotional Well-Being

- Practice gratitude, what is it? Why it's important?
- Discussion: Share 1 professional and 1 personal for the week
- Discuss what is self-care and why it's important, Self-Care Sundays – challenge participants to do 1 thing this Sunday that focuses on personal well-being and self-care, give ideas...
- Sleep Discussions
- Social Media Discussions – benefits and downfalls
- Stretching exercises
- Breathing techniques
- Stress Management Apps – resources from our health plans, other apps people have found useful
- EAP Orientation and Resources
- Quick tips to management anxiety or stress
- Explore Live Cams together or places around the world ([San Diego Zoo](#), [Birch Aquarium](#), [Museums](#))
- House plants – which ones are best, low maintenance, benefits
- Perspective – share 1 positive you got out during the pandemic
- Pulse check – ask a series of questions have people respond via a live poll, using MS Polly or Survey Monkey in chat
- Setting up your workspace at home/office, best practices, and how to create an inviting space

Movement Activities

- Scavenger hunt – list of items to find around the house or outside, have people report back
- Take a walk together, have people join on their phones and take a quick walk around the block (if safe to do so).
- Create a walking challenge (logged miles walked)
- How to correctly lift weights/household items
- Favorite resistance training exercise – no equipment
- Favorite music/song that helps get you moving – Create a PRT Playlist and share (appropriate songs only)

Nutrition & Healthy Eating Activities

- Share your favorite breakfast
- Recipe Swap, Recipe themes – Vegetable or fruit of the month, Recipes with 5 ingredients or less
- Have someone demo a quick 10-minute meal
- Smoothies – demo how to make a smoothie
- Presentation about coffee and/or tea
- Food trivia, Guess Who (guess the grain, herbs, exotic produce)
- Discuss SF food places/restaurants you miss from going into the office/worksite
- Spice up your water – show how to infuse water with fruits/herbs/vegetables
- Eat for energy – Healthy foods that gets you through the workday

Get to Know Your Colleagues

- Pet show and tell (plants or rock included)
- 2 truths and 1 lie – ask participants to submit and guess who
- Share a picture of a place you want to go one day and why
- Share a hobby or activity you learned to do during SIP
- Favorite book you have read and why
- Disney trivia, Star Wars Trivia, Harry Potter Trivia, San Francisco Trivia, Movie Trivia, Music Trivia
- Share favorite family memory/traditions/vacation
- Custom party, have people dress up with items around the house and create a superhero name & power or alter ego character
- Virtual Games - BINGO, Pictionary, Jeopardy, Guess Who