
Ideas for Virtual Icebreakers

Emoji check-in: Use emojipedia.org to select an emoji that describes how you're doing today (or could describe how one feels after a specific activity or discussion, etc). (This activity was done during the YPAR Summer Institute in July 2020.)

Puzzle Pieces: Using <https://im-a-puzzle.com> have the team work together to put together a puzzle. Can upload your own image so that it has a specific theme. This requires the team to identify one person to move pieces and other members to communicate where to move the puzzle pieces. (This activity was done during the YPAR Summer Institute in July 2020.)

What GIFs? Use giphy.com to find gifs to share in response to questions. Examples of questions might include how is your week going; how are you feeling about the upcoming weekend; what comes to mind when you think of your community; what comes to mind when you think about health; etc. (This activity was done during the YPAR Summer Institute in July 2020.)

Scattergories: The host comes up with a short list of questions such as 1. Name a type of food. 2. Name a place to travel to. 3. Name an activity to do at the park. 4. Name an emotion. Then the host gives one letter from the alphabet to the group. Each person must come up with one response for each question that starts with that letter. The goal is to not replicate any responses, but people don't know what responses others are coming up with. One point is awarded for each unique response. The person with the most points wins. Responses can be entered into an online chat box. (This activity was done during the YPAR Summer Institute in July 2020.)

Sketching/Drawing: Each person uses a piece of paper and writing utensil to individually draw a response to a question, and then shares out with the group by showing their drawing via webcam. Some prompt ideas to draw could include: create your own emoji; what would you choose as a superpower; what is your favorite health and wellness activity; what comes to mind when you think of your community; etc.

Where in the World? Display a world map using [Padlet](#) or another app and have each person drop a pin or place an icon where they would want to be in the world at that moment, and then describe aloud or in the chat box to the group why they chose that location.

10 Things in Common: The group must talk together to come up with 10 things the entire group has in common. Depending on the size of the group, may need to break out into smaller groups. Examples of things in common could be: everyone has a brother, likes to watch baseball, enjoys swimming, etc.

Passion Presentation: Give each person a short 1-3 minutes to share about something they are passionate about. (This may work best after the group knows each other a bit more.)

Favorite Things: Name or show your favorite thing from where you are sitting - this might be a pet, your coffee mug, your water bottle, the color of a wall, etc.

The Cutest Baby Animal: Ask each person to find a picture of the cutest baby animal. After everyone has shared their photo of a baby animal, ask the group to vote which they think is the cutest. This activity might be a good way to get youth talking when a new group has formed.

Scavenger Hunt: Share a list of items and ask participants to search for each item in their space.

This or That: Display text or images of two related items on the screen. Using the annotation feature on Zoom, chat box, speaking aloud, or other interactive tool, ask each person to pick either “this” or “that.” For example, a holiday-themed “This or That” might include: apple cider or hot cocoa, holiday movies or holiday songs, hosting or visiting, adventure or relax, etc.

Would You Rather: Display two scenarios or situations on the screen. Using the annotation feature on Zoom, chat box, speaking aloud, or other interactive tool, ask each person to pick which scenario or situation they were rather experience. Some “Would You Rather” examples might include: read books or write stories, be an actor or be a comedian, be a wizard or be a ninja, live where it is always sunny or live where it is always rainy, be able to fly or be able to turn invisible, etc.

Other items to consider when conducting virtual ice breakers and team building activities:

1. Encourage youth to lead these activities or to brainstorm additional activities.
2. Explore different platforms and tools to use when facilitating ice breakers and team building activities virtually. Some examples may include:
 - a. Zoom
 - i. Chat box
 - ii. Breakout rooms
 - iii. Annotation
 - iv. Reactions
 - b. Google
 - i. Slides
 - ii. Jamboard
 - iii. Hangouts Meets
 - c. Microsoft 365
 - i. Microsoft Teams
 - ii. Microsoft Whiteboard
 - d. Sli.do
 - e. Padlet
 - f. Flipgrid
 - g. Quizizz
 - h. Kahoot
 - i. Nearpod
 - j. Canvas
 - k. Bitmoji Classroom

For questions, please contact CalFresh Healthy Living, University of California at uccalfresh_support@ucdavis.edu.