

The Power of Connection Breakout Group Instructions

Each breakout group will choose one of the following activities. Groups should complete the activity then discuss the following questions:

1. Did you enjoy participating in the activity?
2. Did you learn anything new about someone?
3. Did this activity help you feel more connected to or at ease with the people in your group?
4. What are the benefits of using an activity like this with your students?

If groups have time after their discussion they may choose another activity to try!

Activities

1. Virtual Scavenger Hunt

Group members have a set amount of time to locate and gather as many items as possible. Each item can only be used once and participants can only search in their current room. When time is up, the member who found the most items must show all items to the group. **(List is provided on page 2)**

2. Stand up or Sit down

Participants answer quick yes or no questions by standing up (yes) or remaining seated (no). One person reads a few questions then nominates another participant to read so everyone can move around! **(Questions are provided on page 3)**

3. Round Robin Story

Group members take turns adding one sentence at a time to craft a meaningful story. It's crucial for the whole team to work together in creating a coherent and engaging narrative. Begin by having the first person say an opening sentence, then the next person adds another sentence to the story, and so forth. The story ends when the last person gives a sentence to wrap up the story.

4. Two Truths and a Lie

Each participant shares two true statements and one false statement about themselves, and others try to spot the lie.

5. Word Association Game

Group members take turns saying a word related to the previous word mentioned. For example, if the first word is "cat", the next players might say "fur", the next might say "brown", followed by "tree" and so on. Think outside the box!

Virtual Scavenger Hunt

Adulting/self-help book	Ticket stub	Potted plant (alive)
Coffee machine	Favorite mug	Potted plant (dead)
Hand sanitizer	Magazines	Stuffed animal
Snacks	Board game	Handmade gift
Family photo	Yoga mat	Calendar
Air freshener	Stickers	Motivational phrase
High school or college diploma		

Stand Up/Sit Down Questions

1. Have you read all the Harry Potter books?
2. Do you like video games?
3. Do you like to swim in the ocean?
4. Have you ever gone camping?
5. Did you ever have an imaginary friend?
6. Have you ever been on a roller coaster?
7. Would you eat a worm for \$20?
8. Have you ever made a pillow fort?
9. Can you touch your toes?
10. Have you ever had breakfast for dinner?
11. Can you whistle?
12. Would you live in a treehouse?
13. Can you do a cartwheel?
14. Can you spell your name backward?
15. Would you ever wear your clothes inside out?
16. Would you ever travel to space?
17. Can you roll your tongue?
18. Have you ever fallen asleep at work?
19. Is your job what you wanted to do as a child?
20. Have you ever lived in a big city?
21. Have you ever moved for your job?
22. Are you working your dream job?
23. Can you use Excel?
24. Have you ever worked past midnight?
25. Do you work well on a team?
26. Have you ever been a project lead?
27. If you could shadow your boss for a day, would you?
28. Have you ever presented to a client?
29. Do you thrive in high-pressure situations?
30. Would you be able to train someone for your position?

31. Have you ever made up an excuse to get out of a meeting?
32. Would you ever ask your boss to get coffee?
33. Have you ever interviewed someone for a job?
34. Do you commute to work?
35. Have you ever spilled coffee on your work clothes?
36. Have you been skydiving?
37. Did you study abroad?
38. Have you binged an entire Netflix series in one viewing?
39. If you could have a do-over, would you?
40. Have you ever taken a road trip?
41. Do you like to exercise?
42. Would you ever appear on a game show?
43. Do you have a driver's license?
44. Can you cook?
45. Have you ever been to Trader Joe's?
46. If you could win the lottery but lose one of your six senses, would you do it?
47. Do you have a hidden talent?
48. Do you have any pets?
49. Can you play a musical instrument?
50. Have you known any of your friends since childhood?
51. Have you ever lost a bet?
52. Do you drink coffee?
53. Do you practice meditation?
54. Have you ever received a love letter?
55. Have you ever purchased a home?
56. Do you speak more than one language?
57. Have you ever tried a DIY project? Have you ever seen a ghost?
58. Will you sing the Star Spangled Banner right now?
59. Have you ever tripped in public?
60. Are aliens real?
61. Could you beat me in a foot race?

62. Do fish speak in bubbles?
63. Have you ever cried to get out of a ticket?
64. Would you slap someone for a million dollars?
65. Is Big Foot real?
66. Have you ever tasted soap?
67. Do you have a secret talent?
68. Can you cry underwater?
69. Have you successfully pulled off a prank?
70. Do you know anyone who looks like you?
71. Would you want to be President?
72. Have you ever danced when no one is watching?
73. Do you talk in your sleep?
74. Have you ever cheated at a board game?
75. If you could eat dessert for every meal, would you?
76. Did you ever believe there was a monster under your bed?
77. Have you ever followed a fashion trend you later regretted?
78. Would you win a game of hide-and-seek?
79. Have you ever wished you were a movie character?
80. If you were really hungry, would you eat a bug?
81. Have you ever woken up from a dream and believed it was real?