

BUILDING FUN

Help teams improve and morale and focus by fostering fun in team meetings

THE VALUE OF THIS TOOL



Enhances engagement, boosts morale and encourages team bonding.



Reduces stress, stimulates creativity and improves retention of information.



Breaks monotony, increases participation and builds a positive culture

USE THIS TOOL WHEN

1

A team has low morale and little motivation to spend social time together

2

A team wants to boost morale and implement a fun element

3

A team wants to capitalize on existing team routines to incorporate fun

THE PROCESS

STEP 1

Understand the benefits of adding fun

- **Adding fun** has several benefits:
 - Enhances engagement
 - Boosts morale
 - Encourages team bonding
 - Reduces stress
 - Stimulates creativity
 - Increases participation
 - Improves retention of information
 - Breaks monotony
 - Builds a positive culture

STEP 2

Assign a champion

- One person should own the overall process, but the whole team needs to take responsibility for driving a fun and joyful atmosphere.

STEP 3

Schedule fun time into meetings

- Schedule official time for fun in your meetings. Start with non-operational meetings until fun becomes a part of your team culture, then include that time into all other meetings.

STEP 4

Start meetings with a joy-kickstarter

- Choose one or more of the following:
 - Team members share one thing they are grateful for
 - They recognise or affirm someone else in the team
 - Ask an interesting or funny question
 - Play an icebreaker game

ICEBREAKER GAMES 1/2

OFFICE CHAIR RACES

Wheeee!

- **Get on those wheelie chairs** and put them to good use. Teams or solo efforts, depending on how much space you have. Helmets are recommended, especially if your team has highly competitive or exuberant members.

PAPER PLANE CONTEST

(The fun zoom)

- **Fill the air with joy.** Give marks for longest flight, accuracy, most ornate build, prettiest design and anything else the team finds fun. Competition is optional but serves as a good incentive for creativity.

WORD IN THE MIDDLE

“Octagonal”

- **Equipment:** Just the team

Objective: Find the word in the middle of the two starting words

Instructions:

- Two people say a random word at the same time (for example, “cat” and “inflation”)
- Two other people think of the word they think is between “cat” and “inflation” (for example, “Garfield” and “market”)
- This process continues with two different people each turn until both people say the same word

ICEBREAKER GAMES 2/2

STICKY NOTE FACE

Face/On

➤ **Equipment:** Sticky notes

Objective: Stick as many sticky notes as possible to your face within one minute.

Instructions:

- Each participant gets a stack of sticky notes.
- When the timer starts, participants have one minute to stick as many sticky notes as possible to their faces.
- The participant with the most sticky notes on their face when time is up wins.

STICKY NOTE RELAY

“Look ma no hands”

➤ **Equipment:** Sticky notes, a wall or board

Objective: Transfer sticky notes from one location to another without using your hands.

Instructions:

- Each participant gets a stack of sticky notes.
- Participants start at one end of the room with the sticky notes on a table and must transfer them to a designated spot on a wall or board.
- They can only use their nose to pick up and stick the notes onto the wall or board.
- When the timer starts, participants have one minute to transfer as many sticky notes as possible.
- The participant who transfers the most sticky notes wins.