

VIRTUAL PROGRAMMING

135 ACTIVITIES THAT WORK ON A VIRTUAL PLATFORM

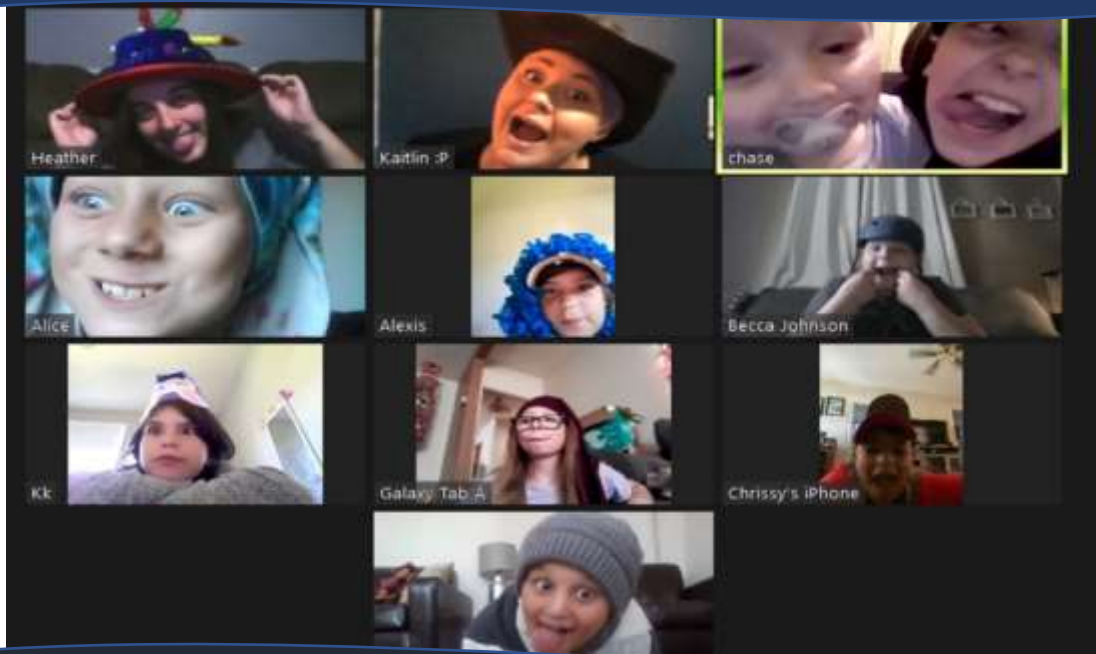


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INTRODUCTION TO THIS RESOURCE

What is this resource?

A guide filled with games and activities that can support programmers in promoting safe, fun, and connected virtual environments.

Who is it for?

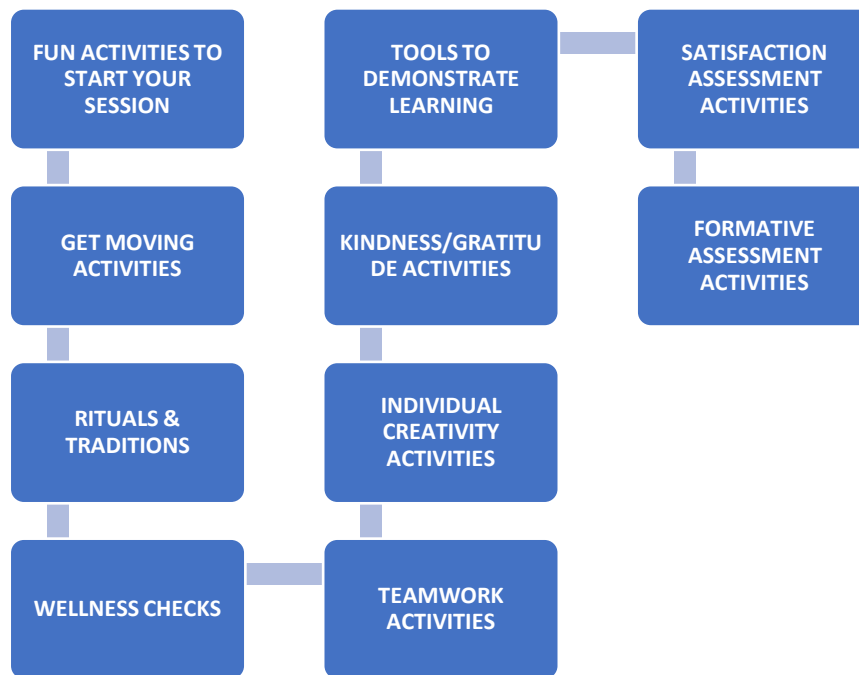
Any programmer who is expected to lead virtual program for participants.

Why was it created?

To make your life as a programmer easier – and to make the experiences of participants more enjoyable during virtual school.

How is this manual organized?

The games/activities are organized into the following categories:



All activities and games require little/no equipment and are designed for small spaces. Supplies commonly required include:

- ✓ Pen/pencil
- ✓ Paper or a notebook
- ✓ Tissue (i.e. Kleenex or toilet paper)
- ✓ 2-3 rolled up pair of socks
- ✓ Something red, yellow, and green (ie: a shirt, water bottle, book cover etc.)

FUN ACTIVITIES TO START YOUR SESSION

1. Anagrams

- An anagram is a word or phrase formed by rearranging the letters of a different word or phrase, typically using all the original letters exactly once (ex. Dawn – Wand). To turn this into a game, give participants a word and see how many anagrams they can create in one minute!
- Have participants write down all their words on a sheet of paper and then tally their totals.
- You can find varying lists of anagrams here:
- <https://www.enchantedlearning.com/english/anagram/numberofletters/5letters.shtml>

Tip: This is a great way to introduce a “word of the day”

2. Captain's Orders

- This game is excellent for a competitive group. It tires everyone out really quickly and can provide a good opportunity to award a prize to the winner.
- Select one participant to be the leader or "Captain". They have to call out different actions as listed below and participants race to complete the action as quickly as possible. The participant(s) who are the fastest/most enthusiastic/most dramatic/most realistic can win special recognition at the end of the game. Pick and choose the best actions for your group or make up your own:
 - **Man Overboard**- participants drop to the floor into planking position.
 - **Captain's Coming** - participants stand at attention and salute the 'captain'.
 - **Starboard / Port** - participants run to the designated side of the room.
 - **Scrub The Deck** - participants squat on the ground and scrub the deck.
 - **Climb The Rigging** - participants stand up and pretend to climb the rigging.
 - **Man The Lifeboats** – participants sit down and pretend to row the boat.
 - **Titanic** – participants stick their arms out imitating Rose in the scene where Jack holds Rose at the front of the boat in the movie "Titanic".

3. Drawing Parody

- Ask everyone in the group to draw the person that is either beside, below or above them (to get everyone more acquainted, you can tell them to pick someone they don't know) without letting anyone know who it is.
- Tell the group they have 3 minutes to complete the drawing.
- After everyone's is finished, invite a few volunteers to reveal their drawing to the group.
- Challenge the group to guess who is in each drawing..

4. If I had A Million Dollars

- This is a great game to learn participants names and to get them thinking outside the box.
- Tell participants to write their name at a top of a sheet of paper.
- Now tell them that they have each won 1 million dollars, but the only way they can spend that is to correspond the items they would purchase with the letters of their name.
- For example: My name is Alex and with 1 million dollars I would buy:
 - A: Alligator
 - L: Limousine
 - E: Electric Scooter
 - X: X-ray vision goggles

- Now call on the participants to share their name and the items they would buy with 1 million dollars!

5. All About Me Bingo

- Ask each participant to get a sheet of paper and a pen. Have them draw out a blank bingo sheet.
- Prepare questions that allow participants to learn more about each other.
- Assign each question a letter (B, I, N, G or O). **For e.g.:**
 - B - You have been to the dentist before**
 - I - You have a dog as a pet**
 - G- You have an older sister**
 - I – Has played soccer before**
 - O– Is the youngest sibling**
- Begin calling out questions and tell participants to mark an X on any question/scenario that applies to them. To make it more fun, you might challenge participants to stand up and twirl around each time they mark an X. This can provide you with a great opportunity to invite participants who twirl around to share a little bit more about themselves with the group (i.e. “Daniel, you have a pet? Tell us all a little bit about your pet.”)
- The person who fills in all the boxes in a row or column shouts “BINGO”. They must then share their sheet with the group.

All About Me				
B	I	N	G	O
Favorite food is pizza	Born in another state	Has at least one pet	Plays at least one sport	Packed a lunch today
Read this summer	Likes country music	Favorite color is blue	Went to the pool this summer	Favorite season is winter
Has at least one sibling at school	Favorite subject is math	FREE	Favorite color is pink	Likes broccoli
Likes to dance	Has a summer birthday	Has a sister	Enjoys arts and crafts	Watches the Disney Channel
Youngest in the family	Plays video games	Likes to be outside	Went on vacation this past year	Has a brother

6. Name That Tune

- Make sure everyone has a blank piece of paper and a pen and get them to number 1-10 on the page.
- Have 10 popular youth-friendly songs queued up and be ready to play a recognizable 10-second snippet.
- Begin playing the songs in succession.
- Tell the participants to write down what they think the title of the song is and who it’s by. Emphasize that they should not yell out the answer but write it down.
- Once you have gone through the 10 songs, go through the participants’ lists and see who got the most correct!

7. Read my Lips!

- Send one participant a word or sentence via a private chat.
- Have that participant say the word while on mute 3 times slowly.
- After the 3rd time get all the other participants to type their guesses in the group chat.
- The first person to guess correctly wins a point.

TIP: This is a great game for introducing the mute/unmute feature, explain expectations around this.

8. Red Light, Green Light

- Select one participant to be the leader. The leader will turn their backs to the screen. When the leader calls ‘Green Light,’ each participant has to complete an action until the leader spins around and calls ‘Red Light.’

- When they hear the “red light” command, participants must freeze on the spot. Anyone seen moving must start the action from the beginning.
- The first person to complete the action without being caught moving wins the game.
- For e.g. the action chosen is to put on a sweater and completely zip it up. Each participant has to complete the action without getting caught moving by the leader.

9. Daily Riddle

Riddles are a great way to get everyone engaged quickly! Consider starting your day off with a riddle, challenging everyone to guess the answer in a group chat. Here are some examples:

- Billy’s mother had five children. The first was named Lala, the second was named Lele, the third was named Lili, the fourth was named Lolo. What was the fifth child named? **A. Billy**
- You’re driving a city bus. At the first stop, three women get on. At the second stop, one woman gets off and a man gets on. At the third stop, two children get on. The bus is blue and it’s raining outside in December. What color is the bus driver’s hair? **A. Whatever hair colour of your participant is! – They are driving the bus.**
- A cowboy rode into town on Friday. He stayed in town for three days and rode back out on Friday. How is this possible? **A. Friday is the name of the horse.**

10. Memory Challenge

- Create a tray of random items before you get on your platform. You can use a plate, tray of any size, or even a flat box to hold your collection of items. If you're playing with young participants, keep the collections to 7 or fewer items. If you're playing with older participants, you can have up to 15 items on your trays.
- Use the screen sharing option that shares your camera view and show your tray for one minute so everyone can observe what is on it.
- When one minute is up, hide the tray. Have all other participants privately message you with the items they remember from the tray.
- The participant who remembers the most items is the winner.

11. Rock, Paper, Scissors Champion

- Start by telling your participants that you are the Rock, Paper, Scissors Champion of the world and that you are going to have a competition today to see if anyone can beat you.
- For the first round you are all going to go at once, rock...paper... scissors...go! Anyone who you (the champion) beat is out. For example, if you go rock, anyone who did scissors is out, whereas anyone who did rock or paper is still in.
- Keep going through this process until there are two of you left. Here you play a regular rock paper scissor to crown a winner!

12. Silly Question of the Day

- Start the day off with a silly question and ask youth to share their answers and explain why. Here are some fun examples:
- “Who would win in a fight a hotdog or a taco?”
- “What is the worst smell in the world?”
- “If you could, what two animals would you combine?”
- “If you could be Prime Minister for a day, what would you do?”



- “If you could be the principal of your school, what is the first rule you would make or change?”

13. Throw and Clap

Start each day off with this group challenge! This game is great when you are waiting for participants to log on, or if there is some down time.

- Have participants throw a ball/rolled up sock/Kleenex in the air, challenge them to see how many times they can throw and catch in 30 seconds
- Once participants feel confident add these progressions to challenge them further:
 - Throw and clap once
 - Throw and clap twice
 - See how many times you can clap before catching it
 - Thrown, spin and catch

14. Two Truths and a Lie

- Two Truths and a Lie is a classic get-to-know-you icebreaker game.
- Participants tell two truths and one lie (in any order).
- The object of the game is for everyone else to determine which statement is the false one
- Allow participants a few minutes to think of 2 truths and a lie. Encourage them to write them out so they don't forget!
- Let participants go one at a time. They tell their two truths and one lie and everyone else guesses what the lie is in the chat box on Zoom . Once everyone has guessed the participant can reveal their lie!
- Go around until everyone has had a turn.

15. Would You Rather?

- This activity is a conversation starter. Participants must choose between two challenging scenarios and explain why. The leader can be the one to pose the questions to the group or everyone can take turns asking a question to someone else. **Here are 20 “Would You Rather Questions” to get you started:**
 - Would you rather lick a dirty trash can or the bathroom floor?
 - Would you rather have a magic carpet that flies or your own personal robot?
 - Would you rather be the worst participant on a team that always wins or the best participant on a team that always loses?
 - Would you rather have one eye in the middle of your head or two noses?
 - Would you rather see a firework display or go to a concert?
 - Would you rather eat donuts or candy?
 - Would you rather have an extra finger or an extra toe?
 - Would you rather only be able to crawl on all fours or only be able to walk backwards?
 - Would you rather be able to create a new holiday or create a new language?
 - Would you rather be the funniest person alive or the smartest person alive?
 - Would you rather be a famous singer or a famous actor?
 - Would you rather be able to fly or be invisible?
 - Would you rather never have to shower again or never have to clip your toenails?
 - Would you rather have the chance to design a new toy or direct a movie?
 - Would you rather be ten years older or four years younger?

- Would you rather be able to control the weather or have the ability to talk to animals?
- Would you rather be a master at painting or an amazing dancer?
- Would you rather live on the Moon or live on Mars?
- Would you rather meet your favorite celebrity or be in a movie?
- Would you rather go outside in 100 degree weather or go outside in -50 degree weather?

16. Reverse Charades

- One person is “it” while everyone else acts out a word.
- You can get the word to the large group by privately messaging everyone individually, OR by writing it down and showing it on your screen while the person who is “it” closes their eyes.
- Then, once they have guessed, you move to the next person.
- The way to make this competitive would be to time how long it takes each person individually to guess OR, put people onto teams.
- If team A’s representative doesn’t guess within a minute, then the turn switches to team B. If team A does guess before a minute is up, then their team gets to go again.

17. 1234... 10

- In a group each person will randomly call out a number starting with 1. Then someone else has to call the next number which is 2 and so on.
- The objective is to not have anybody call the same number at once but counting all the way to 10 or all the way to the number of people in your group.

GET MOVING ACTIVITIES

18. Colour Game

The objective of this game is for your participants to move as fast as they can to touch a certain colour.

- For example, if coach says “touch something blue”, participants must find an item in their home that is blue as fast as they can. Repeat with different colours for 3 – 5 minutes. To increase the challenge, call out two colours at a time, or challenge participants to hop, run with high knees, high kick, or dance to the next colour.



19. Follow My Hand

- As the leader, place your palm up on the screen and make sure everyone can see it.
- Next ask participants to follow your hand with their nose, challenge them to do this with their hands behind their backs.
- Guide your hand around the screen – challenging participants to go low, high and side to side.
- Next, ask for other participants to be the leaders for a max of 20 – 30 seconds each.

20. Four Corners

- Challenge participants to number each of the four corners in their room.
- When a number is called, participant(s) move to that corner as quick as they can.
- Play this game for 3-5 minutes.

Tip: To take it up a notch, include, hops, skips, jumps, zigzags, or other movements that are accessible to your participants.

21. Huckle Buckle

- Challenge participants to place a household item 15 feet from a wall – this marks the starting point. Ask participants to stand at the starting point and face the wall. Call out “Huckle Buckle....._____” and name a body part. For example: Huckle Buckle....hand!) Participants then:
 1. move to the wall as quickly (and safely!) as possible;
 2. place their hand on the wall; and
 3. move back to their starting place as fast as they can.

Choose a variety of different body parts for them to place on the wall. Play for 5 minutes!

Tip: Challenge your participant(s) to move progressively faster each time!

22. Lap it Up

- Challenge participants to complete 3 laps around the room.

Tip: Put on a motivational song and challenge them to do laps hopping, skipping, then jumping.

23. Mirroring Activity

- Divide participants into pairs.
- Select one person per pair to be the leader and the other to be the follower.
- Instruct the leader to have their arm out with their palm facing their partner.
- The leader will move their hand in various motions (up, down, to the right, down low) while the follower tries to follow the leader’s hand with their hand. Do this for 2 minutes then switch roles.

Tip: Switch up the body parts that participants will use to follow the leader (i.e. head, nose, finger, etc.)

24. Quick Grab

- Have the group decide on an object that they all have at home that they can use as a target (a ball, socks, keys, a bottle)
- The leader will call out a set out instructions for the group to do. For e.g. touch your head, run in a circle, touch your elbow, do jumping jacks.
- Then when the leader yells the objects name (for e.g. BALL!) then each person has to grab it as fast as they can
- The first person to grab the object and show it on the screen wins.
- To make it more complicated you can get the group to play it as opposites. For e.g. if the leader says go up then you should go down. If the leader says go left, then then you go right.
- Try to modify the speed of the game and the instructions to make it even harder

25. Stretching Dice Baseball

- Challenge participants to set up a baseball diamond using items from around their homes as bases (i.e. four pillows, four pieces of paper, four cards - one for each base).
- When you yell “GO”, participants move around the bases.
- Each time participants make it around the bases, tell them to “STOP”.

- Then roll a die, and challenge participants to do whatever the die dictates: gets to a base, instruct them to: “STOP”, roll the die, and then do the stretch/activity that corresponds to the number that was rolled:
 - 1- 10 Jumping Jacks
 - 2- Cross body arm stretch for 30 seconds per arm
 - 3- 10 Leg lifts
 - 4- 10 Arm Circles
 - 5- 10 Slow neck rolls
 - 6- Participant’s choice

26. Triangle Shuffle

- Ask participants to place 3 shoes/socks approx. 5 feet apart from each other in the shape of a triangle.
- Participants start in the middle.
- Instruct participants to move out and touch one of the shoes, returning to the middle after. Continue doing this for two minutes touching a different shoe each time.
- Challenge your participants to count how many shoes they can touch in two minutes.

Tip: choose 3 different colour items instead of shoes and identify which item your participants should touch each time (i.e. “touch red, then black, then white, GO!”).

Modification: Challenge participants to run around the shoes, rather than touching them before moving back to the middle.

27. Virtual Musical Chairs

- This game is like musical chairs 2.0. The leader will play the music while everyone will remain seated. When the music stops the leader will give an instruction that each person must follow.
- Let’s say the leader says “grab a fork from the kitchen” ...each person has to do the instruction as fast as they can and then hurry back to their seat.
- The fastest person to complete the instructions and make it back to their seat wins a point each round. Feel free to get wacky (but safe) with the instructions.

28. Wall Touch

- Challenge participants to touch as many walls as they can in 1 minute.
- Play some great music while they do it to enhance their motivation to move fast.

29. Whistle Fitness

- Grab a whistle. Assign different exercises to the number of whistles blown (or simply numbers called out). Challenge participants to respond as quickly as possible while continuously jogging in one spot. Slowly increase the pace of the activity, doing the activities alongside the participants.
 - 1 blast of the whistle = side shuffles.
 - 2 blasts = 10 jumping jacks.
 - 3 blasts = 10 burpees, etc.

Modification: Instead of a whistle you can also use signals or simply call out the number associated with the action.

30. The Scavenger 500

- Divide participants into pairs or groups of 3. Explain that this will be a relay race.
- Using breakout rooms, give each team a few minutes to come up with a team name and a team order (i.e. which participant will go first, second and third).
- When they are ready, show the group a list of items that they need to race to collect in the order provided on your list. This means the first participant in each group needs to find the first item, run back and show it to the screen before the second participant can run to grab the second item, and so on.
- First team to finish wins.



31. Usain Bolt Challenge

- Start off by asking participants if they know who the fastest man in the world is.
- If no one knows try to make them guess, i.e. “His name sounds like another word for lightning”.
- Once they know that it’s Usain Bolt let them know what the record is:
 - Usain Bolt set the world record for the 100M sprint in an incredible time of 9.58s!
- Ask all participants to stand up.
- Challenge them to do high knees as fast as they can for 9.58s - just like Usain Bolt.
- Tell them to keep track of how many times they raise their knees to establish a winner.
- For added fun you can share the [short clip](#) of his record breaking race, or the [extended version](#). You could even try counting how many times he raises his knees!

32. Rainbow Road

- Divide participants into teams of 6. Explain that they will be placed in breakout rooms with their teams and will have 5 minutes to complete the following challenge:
 - Assign each team member one of the colours of the rainbow: Red, Orange, Yellow, Green, Blue and Purple.
 - Race as fast as they can to get on as many items of their assigned colour as possible.
 - Challenge them to get creative and find ways to be as colourful as possible.
 - After 5 minutes, close the break-out rooms and celebrate each team’s rainbow efforts.

33. Kobe!

- Ask participants to grab the following items:
 - Scrap Paper x 10
 - Small (empty) garbage bin
- Once everyone has the necessary items, ask them to place the garbage bin 15 steps away from them.
- Everyone will need to scrunch up each piece of their scrap paper into a small ball.
- When you say “go”, participants will have 24 seconds to make as many shots as possible (or all 10) while impersonating Kobe’s signature fadeaway!

- Here’s a tutorial video breaking down Kobe’s signature fadeaway for inspiration. (Skip to 1:10)
- Whoever can make the most shots wins!

34. Opposites Attract

- Ask all participants to stand up.
- Explain that when you call out a specific body part, participants need to make sure they DON’T TOUCH IT! Instead they need to grab the opposite of that limb. Ie: If I call out “shoulders”, you’ll grab your “knees”
- Here’s the list of “opposites”
 - Shoulders | Knees
 - Eyes | Ears
 - Arm | Leg
 - Feet | Hands
 - Ankle | Wrist
 - Shin | Forearm
 - Fingers | Toes
 - Chest | Back
 - Head | Head (this one is a trick)
- Anyone who DOES touch what’s called out is eliminated.
- Last person standing wins the game.

35. Bingo with a Twist

- Send each participant a virtual copy of a Bingo card (see example to the right).
- Explain that you will call out one of the spaces at random and participants will have 20 seconds to locate that item at home and bring it back to the screen. (Consider playing music that you can stop as soon as the twenty seconds is up).
- If participants don’t make it back before the time is up, they cannot fill that space!
- First person to get 5 in a row wins!



36. Freeze Dance

- This is just like it is in real life: you play a song and pause the music it at different points.
- Participants must stop immediately when the music is pauses, the last one to stop dancing is out.
- Continue until you have a winner!

37. Balloon Volleyball

- Ask participants to grab a balloon or a sock ball.
- The challenge is this: Who can keep the balloon or sock ball in the air for the longest period of time.
- Participants can earn extra points for doing tricks.

38. Broom Hockey

- Ask participants to grab a broom, a sock ball and 2 shoes to create a small net.
- Give them 60 seconds to score as many goals as possible in their net.
- Challenge them to work on setting a new record each day.

39. Stop, Drop and Roll

- Explain and demonstrate how to “stop, drop and roll”.
- Then, challenge participants to complete the sequence as quickly as possible whenever you say “go”.
- The goal is to be the first one to complete the sequence or to complete as many sequences as possible in a given time frame (i.e. 30 seconds).

40. Colour Hunt

- Explain and demonstrate that when you call out a colour, participants must race to grab an item of that colour as fast as possible.
- Participants earn points for every correct colour they bring back.
- Can give bonus points for speed and/or creativity.

41. ABC Race

- Explain that this is a team challenge. Each team will be given five minutes to brainstorm household objects that start with each letter of the alphabet.
- Teams earn one point for each letter they complete and an extra points for actually finding and bringing an example of that item to the screen. For example, A – Apple, B – Button, C – Cup, etc.
- Divide the group into break-out rooms and give them 5 minutes.
- Afterwards, ask each team to present their brainstormed list and the items they collected.

42. Line Dancing

- Pull up a line dancing tutorial video to share with your participants or learn the steps yourself and teach the group!
- Spend time going through the steps and then put it all together!

Tip: Get participants to dress up in their best western gear for this session to add some fun!

43. Boxing Class

- Pull up a youth boxing tutorial on YouTube or learn some moves yourself.
- Spend time teaching your participants some basic boxing combinations.
- Run through the combinations and watch them get a sweat on!

Tip: Make sure to emphasize that they stand an arms length away from the screen! Also inform them that these moves are NOT meant to be used to hit other people – just exercise!

44. Slow-Mo or Speedy

- Challenge participants to perform their best slow-mo run across the room and then their speediest run.
- Demonstrate your best slow-mo and speedy run and give them a few minutes to practice
- Give each camper a chance to perform both runs and award winners!

45. Juggling Challenge

- Get participants to grab three pairs of socks and create three sock balls.
- Pull up a juggling tutorial on YouTube or teach the basics yourself.
- Allow participants time to practice and let those who feel comfortable demonstrate their new skill!
- Encourage participants to practice outside of camp. This is an activity you can build on and teach varying progressions

Tip: Here is a beginner juggling progression video that uses sock balls:

https://www.youtube.com/watch?v=WWYEgG_vLFO

46. If Your Name Starts With...

- Create a list of actions that coincide with every letter of the Alphabet. For example, A- run around the room.
- To play the game start with the phrase, "If your name starts with.." and then call out a letter and the action associated with it. (E.g. "If your name starts with A, run around the room").
- Continue to call out letters until every participant has had the first letter of their name called!

Tip: Come up with multiple actions for each letter to keep the game going for several rounds/to keep participants on their toes!

47. Balancing Act

- Tell participants to grab a spoon and small round object that will fit on top. Challenge participants to perform a series of movements (e.g. balance on one leg, jump up and down, run around your chair, etc..) and see who can keep the object on their spoon the longest without dropping it!

Tip: If a participant gets out get allow them to make up the next balancing action the remaining participants perform.

48. Chair Aerobics

- If possible, have participants move their chairs several feet away from their desks in classroom.
- While sitting on their chair have them, hold the bottom of the chair with both hands and raise alternate knees up and down.
- Reach down to the floor with the left hand then the right hand.
- Hold the bottom of the chair with both hands and alternate lifting each leg straight up to seat level and down again.
- Stand in front of the chair and place the hands on either side of the chair, raise the right leg backwards straight up and down 10 times, and then repeat with the left leg.
- Increase breath counts and reps for older participants.

49. Animal Parade

- Come up with a series of actions for various animals that participants choose.
- Call out these animals in a random sequence and see who can perform the correct movements without slipping up!

Tip: To make this more complicated add in objects and coinciding movements campers can also perform (e.g. lawn mowers or airplanes)

50. Invisible Dumbbells

- This activity will work on muscular fitness without the heavy lifting!
- You will demonstrate and perform a series of dumbbell lifts without weights that participants will copy.
- Rotate through 5-10 exercises and time each exercise based off age/ability of group (e.g. perform each exercise anywhere from 10secs – 2 mins)

Tip: This link has a series of 'invisible' dumbbell exercises you can do with your group (<https://openphased.org/wp-content/uploads/2020/03/MMNOW04-InvisibleDumbbellStationspdf.pdf>)

51. Phone down Walk

- Ask participants to place their phones down on a surface and point their laptop cameras to show their phones resting.
- Now ask participants to take a walk for 5 minutes either around their houses or outside without technology.
- This is a great way to get participants up and moving and clear their minds before they start a session or activity on a phone or laptop.
- Have them share some of the things they were thinking about or saw on their walk.

52. DIY Standing Desk

- Ask participants to look for a cardboard box or something they can stack (e.g. books).
- Getting them to fashion a standing desk set-up out of the items they collect. Use a photo like the one on the right to demonstrate what it can look like.
- Challenge participants to use the standing desk for the rest of the session. Ask them for their thoughts on the experience at the end of the session!



53. At-home Cornhole

- Have participants create a cornhole fixture (see photo below) or challenge them to find a small basket (e.g. laundry basket) and a smaller container to place inside.
- Now task participants to create some sock balls that they will toss into their makeshift cornhole fixture.

- Give participants 5 mins and challenge them to collect as many points as possible. If their sock ball lands on the box (in the basket) it is 1 point. If it lands in the hole (or small container) it is 3 points!



54. Memory Dance

- Have staff create a dance routine or pull one up on Youtube.
- Tell participants you will demonstrate or play the dance ONE time and that they are challenged with remembering as many steps as possible.
- Once time is up, play the song from the top and see how many moves they can remember!

Tip: Youth today love TikTok and there are tons of short dances you can pull up and challenge participants to remember. You could play several rounds this way!

55. Household Bowling

- Ask participants to get 6 plastic cups or other non-breakable items that can replicate bowling pins.
- Tell participants to set up the 'pins' like at a bowling alley.
- Using 2 pairs of rolled up socks, challenge them to knock all the pins over in the least number of tosses.
- To make the activity more challenging, tell participants to take a couple steps back and try and beat their previous score!

56. Turn Two!

- In this activity, participants are challenged to complete a double play!
- To set up, have them collect 5 pairs of folded up socks, an item they can step on like a base, and a target to throw at.
- Get them to set up the 'base' a few steps away from them and then a target they can throw at across the room from said 'base'.
- Participants will then get in the ready position and perform fast feet.
- When participants hear the staff yell, "TURN TWO!":
 - Participants will pick up a pair of socks and run to step on their 'base'
 - Then, they will throw at their target across the room
 - If they hit the target they get a point for completing the double play!
- Repeat this until they have gone through all their sock ball! See who ends up with the most points.

57. Bookworm Workout

- In this activity staff will read out a book to the group or play an e-book for the group.
- Before starting the book have the group decide on a word that will be the 'keyword'.

- Every time this word is read out the group must do a selected physical activity (e.g. jumping jacks, squats etc.)

Tip: You don't need a book to play this game! As a group pick a few keywords at the start of a session and any time they are said everyone has to stop and do a selected physical activity.

58. Toilet Paper Obstacle Courses

- Using a roll of toilet paper have participants tape at-least 3 pieces to the wall creating an obstacle course.
- Tell participants the goal is to make it through the maze without touching any 'lasers'.
- As participants try and make it through make laser noises and offer encouragement.
- To add difficulty, have participants add more pieces of toilet paper.



59. Snack Pushups

- Tell participants to grab their favourite snack and place it in a bowl.
- Demonstrate or play a video of a proper push-up.
- Have participants do push-ups and try to get as close to their bowl of snacks as possible.
- Tell participants when they get close to the ground to stick out their tongues and try to grab a piece of their snack! See how many push-ups it takes to finish their snack bowl!

60. Song Follow-Along

- Play a song your group LOVES!
- As a group pick a 'keyword' in the song that comes up often.
- Every time this word is said, challenge participants to run and touch a wall in their room.
- Repeat this with a variety of songs until they get a sweat on!

Tip: Pick different physical activities they can perform when the 'keyword' is sung to switch things up!

61. House Workout Stations

- Pick 5 locations in everyone's home (e.g. front door, fridge, bed, washroom, sink)
- Select 5 exercises to make up a circuit (e.g. sit-ups, running on the spot, plank, high-knees, burpees)
- Match a location with an exercise and decide how many times participants will perform each exercise.
- Demonstrate each exercise at the correct location in your home and then get participants to complete the circuit.
- They can perform as many rounds as you think is suitable for their age range.

62. Pizza Delivery Practice

- Have participants grab a pillow and tell them to stack on as many small items as possible like 'toppings'.

- Once their pizzas are stacked get them to stand across the room from their computers/phones.
- The challenge is to race and 'deliver' the pizza as quickly as possible to you (the screen) without dropping any toppings.
- Try one round where they carry the pizza in two hands, if that is too easy get them to 'deliver' the pizza using one arm only!

63. Dodge, Duck, Dip, Dive

- In this activity, participants will be challenged to dodge, duck, dip and dive on command.
- Demonstrate what sort of action you want to see for each of the 4 D's and get participants to practice.
- Start by calling them out in random order and get participants to perform the correct action.
- Now to add to the intensity begin throwing different items at the camera (sock balls, stuffed animals, towels) and shout out the D they must perform to evade getting hit by the items!

Tip: To make this more challenging have the D's mean an opposite action. For example, when you yell Dodge it really means Duck!

64. Group Rock Paper Scissors

- As a group create poses campers can perform to represent rock, paper & scissors.
- Split participants into 2 breakout rooms.
- As a group they will select to pose as either rock, paper, or scissors.
- Once they are in the main room staff will call out ROCK, PAPER, SCISSORS, GO! On Go the teams will jump into their chosen poses.
- The losing team must complete 10 jumping jacks before the next round continues.

65. Night at the Museum

- Assign one participant to be the 'museum guard', the rest of participants will be 'statues' at the museum.
- The museum guard will turn their back to the screen and the statues will wiggle/move around as much as they want, as long as they stay on screen.
- When the museum guard turns around everyone must freeze! The statues that don't freeze on time are out for this round. Continue play until everyone is out!

66. Fielding Drop-Zone

- Have participants complete this activity to test their speed and agility!
- Drop a ball from shoulder height, let it bounce once and try to catch it before a second bounce.
- Complete this 10 times, then begin to level this up. Try dropping the ball from waist height next and then continue to get closer and closer to the ground.

67. Field, Catch, Throw!

- Show examples of how a baseball player either: fields a ball, catches a ball, or throws it.

- Tell participants to get in ‘ready position’ and begin calling out these plays in a sequence and get participants to perform them.
- When a staff says “RUN” participants will be required to run and touch a wall and then come back into ready position.
- Level up this activity by adding other movements or skills.

68. Towel Baseball Swings

- As staff, set yourself up like a pitcher with a sock ball!
- Tell participants to grab a small towel or shirt they can swing as a baseball bat.
- As a group everyone will walk through swinging together.
- Once participants have mastered the swing let the game play begin! Toss your sock ball at the screen and get campers to time up their batting! Tell participants to celebrate a ‘big hit; by waving or tossing their shirts like a bat flip!

69. Stealing a Base

- In this activity you, the staff, will start as the pitcher and participants will be base runners.
- Get participants to set up 2 ‘bases’ several steps away from where they are standing and to stand in between them.
- Now get participants to label the bases: Base 1 and Base 2.
- You, as pitcher, have 3 actions you can take that will influence which base the participants dive towards:
 - If you make a throwing motion and yell ‘throw!’ – participants must dive to Base 1.
 - If you fake to throw and yell ‘no throw!’ – participants must stay still in the middle
 - If you pitch the ball at the camera and tell ‘pitch!’- participants must take off and dive to Base 2.

Tip: Let participants take turns being the pitcher!



70. Back Catcher Blocking

- Pair off participants into partners. One will take turn being the pitcher, the other the catcher.
- The pitcher will need a sock ball and catcher a pillow to hold up. The catcher will get down into a catcher’s squat holding up the pillow in two hands.
- The pitcher will then pretend to pitch the sock ball either to the left or right of the screen. The catcher will respond by shuffling to the direction and pretend to ‘block’ the ‘pitch’ with the pillow.
- Repeat a few sets and then switch roles.



71. Pitching Position

- Each pitcher out there has a very different way of throwing a pitch.
- Show a couple of examples and then break participants into small groups to come up with a pitching windup. Encourage them to get as creative as possible!
- Bring groups back and have them explain their pitching style.

72. Emotion Freeze

- There are 2 objects of the game:
 - 1) Create actions, sounds and facial expressions for 4 emotions;
 - 2) Try not to match the leader when they shout out an emotion
- The emotions for the game can be happy, frightened, silly, and sad (or, any 4 different types of feelings that you want to use)
- As the leader, you will demonstrate the emotions one at a time (ex. Frightened=facial expression surprised/biting nails, sound "EEEEEEKKKKK!" and action might be running in place) and then asks participants to come up with their own version of frightened and practice it.
- Continue demo/practice for each emotion.
- After all 4 emotions have been practiced, tell participants that you will count to 5 with your back turned while participants chose one of the emotions to act out.
- Count slowly "1-2-3-4-5" and then shout out "Freeze". As you turn around say "Now I'm feeling _____" (one of the 4 emotions). If a player is frozen in that emotion, they lose and are asked to do 5 jumping jacks or another action before they can play the next round.
- Play as many rounds as time allows. Allow kids to take a turn being the game leader!

RITUALS & TRADITIONS

73. Group Handshake

- Establishing a virtual group handshake is a simple and easy way for everyone to feel a sense of belonging. It is also an easy way to welcome new participants to the space – by showing them how to do the handshake as well!
- Start with a simple gesture (ie: fist bump the screen) and have different participants add one new gesture to the handshake for as long as you want— challenge your participants to remember the routine each day.



Tip: Make it a team challenge, how fast can the entire group complete it? Trying to beat their time from the previous day.

74. Celebration Signal

- This is a great way to promote positive interactions and encouragement between participants while playing games and activities.
- Ask participants how they normally cheer if they are watching or playing any type of sport.
- Listen for yelling, clapping etc.
- Ask: how we can cheer each other on in a virtual space, when we have to be on mute sometimes?
- Come up with signals to celebrate/cheer on participants in your space.
- Consider recognizing participants who use your celebration signals a lot!
- Set up a spirit point system for any team games/challenges

Tip: Encourage using the technology features you have available (ie: hand wave, thumbs up, typing in the chat).

75. Sign-Off Challenges

- Sign off the same way after every virtual session. You can definitely do a group handshake here. Here are some other ways virtual programs have signed off:
- **Team Photo Challenge:** have everyone memorize exactly how they are looking into the screen, then give everyone 5-10 seconds to move and touch 3 walls. Count down. Tell your participants that you are going to take a group photo when you are finished counting. Their challenge is to try and come back in that exact same spot BUT you will be taking the photo in whichever position they end up in.

Tip: Use these photos to create a yearbook album at the end of the year!

- **Dance Away:** End with a 1-minute dance! Play some tunes and shake out the day. (see Group DJ Assignment on pg. 26)
- End with a **play-based satisfaction assessment** (examples on pg 39-41)

76. Seal the Deal

- This provides a fun and easy way to establish a tradition of agreeing to the set-out ground rules before each session.
- Establish 5 key ground rules everyone agrees to in the virtual space.
- Have them posted before the start of each session for everyone to see.
- Say: every time a ground rule is called out hold up one finger, so eventually everyone should have 5 fingers up on the screen

- Say: Lets seal the deal with a virtual high five
- Get all your participants to high-five the screen, agreeing to all the ground rules.

Tip: Get more participants involved –assign different participants call out each ground rule, or have one leader of the day lead this ritual.

77. Group DJ Assignment

- Assign a weekly or daily group DJ who gets to be responsible for picking the song(s) played as people are entering into the group setting and/or while on quick breaks.
- Encourage participants to get up and dance while this music is playing to encourage movement.
- Alternatively, this could act as a great sensory break from the screen for 2-3 minutes – have DJ breaks after the end of a lesson or activity to help with transitions and encourage people to turn off their screens during tis time.
- When the music stops that is the signal for turning back on their screen! Everyone knows the next activity will begin.

Tip: Create a DJ schedule - have your DJ send you the songs they want to play ahead of time, so there are no surprises! To help with flow it is easier to play songs from your device.

78. Mistake Rituals

- Encouraging and establishing a mistake ritual is common practice on a lot of sports teams, particularly in baseball when mistakes happen often – even to the highest-level participants. A mistake ritual can be incredibly helpful for maintaining a positive environment when one-on-one conversations are harder. Here is a great example used by a softball coach:
- **Touch it, flush it:** a coach went out to the hardware store, bought a toilet handle to put on the bench and encouraged participants to “touch and flush” any bad plays they might have made when they came into the dugout. It became a fun routine for everyone, and a way for teammate to encourage each other: “don’t worry about it, just flush it!”

Tip: In a virtual setting, get participants to draw a toilet hand on a sticky note or piece of paper, have them place it beside their computer, every time they are upset with what they did remind them to “touch and flush it.”

WELLNESS CHECKS

79. Your Movie of the Week

- This is a great check-in activity to assess how someone might be feeling that day or week. It is also a great conversation starter!
- Ask participants to take out a piece of paper and pen/pencil
- Ask them to write or draw an original movie title about their past week (or day). Challenge them to think about.
- Make sure to provide an example to start.
- For example: “my movie title today would be: *The saga: camper with bed head, ran into wall, stubbed toe.*”
- After a few minutes, invite participants to share and explain their movie titles.



Tip: Provide details in your example to encourage participants to do the same, but also try and make it funny!

80. Emoji Check-In

- This quick and easy assessment activity is great for participants who might be more hesitant or shy about talking or sharing about themselves. It is a great way for participants to creatively express how they might be feeling while getting a quick pulse check on the group.
- Ask participants to get a piece of paper and pen
- Explain that you want them to describe how they are feeling by drawing an emotion and think about why you feel like that.
- Provide an example: “Right now, I am the party emoji (show the picture to the screen) because I am so excited to see everyone again.”
- Give everyone 30 secs – 1 minute to draw an emoji and then encourage everyone to hold it up to their screen to share



Tip: Ask a few participants to share why they picked what they did.

81. Mood Animals

- Ask participants to get a piece of paper and pen.
- Ask participants to think about how they have been feeling over the past few days. Challenge them to think about their mood, attitude, energy and experiences. Then challenge them to:
- Explain that you want them to think of an animal that best describes those feelings and experiences. Give them a few minutes to sketch it.
- Once they’ve completed their drawings, invite all of them to hold their image/movie titles up to their screen at the same time and ask a few participants to elaborate on the animal they chose (i.e. “Tamika, it looks like you drew a sloth – tell us why you chose a sloth today”). This will allow you to get a broad view on how some of your participants are coping outside of program and provide you with insights into who you might want to follow-up with.

82. My Weather Week

- Repeat the steps listed above for “Mood Animal”, but this time challenge participants to draw the weather that represents each day of the week they experienced. For example, if they had a wonderful day on Monday, they might draw a big sun, if the day was awful on Tuesday, they might draw a thunderstorm, etc.

83. Mood Monster

- Repeat the steps listed above for “Mood Animal”, but this time challenge participants to draw a monster that exemplifies their last few days. For example, they might draw a monster with 50 eyeballs if they’ve spent a lot of time watching TV or on screens, or a monster with twenty arms if they feel like they’ve been asked to help a lot around the home, or a monster with a giant head and small body if they’ve been having head-aches, etc.

84. Stop, Go, Slow

- Assign a signal for Stop, Go and Slow – explaining that:
 - Stop means: you absolutely don’t like something or don’t agree
 - Go mean: you love it, totally agree
 - Slow means: you are unsure, undecided
- Here are some signal examples:
 - Stop = making an X with your forearms across the screen
 - Go = Sprint in spot
 - Slow = Slow motion run
- To play, ask a series of statements regarding anything you want to know about.
- I liked the new group project assigned, I had a big breakfast this morning.. etc.
- Say: I am going to say a statement, I want to you to think about it while I count down from 3-2-1
- When I finish counting down everyone is going to pick the movement that related to how they feel about that statement
- Ask 5-10 questions and note down which movements participants choose to do.

Tip: It helps to do a couple of practice rounds and questions with the game!

Tip: If participants don’t have video capability, ask them to write it in the chat (Go, Slow, Stop)

TEAMWORK ACTIVITIES

85. Choreograph a Dance/Cheer Routine

- Create a group cheer/dance routine over zoom! Let everyone make up a move and practice putting it all together. Perform it for the parents one day!
- To help, you can follow a Zumba video online, try out a new Tik Tok dance trend or play some of the following dancing themed games:
 - **Musical Statues**
Start the music and everyone dances until the music stops playing (out of view of the children, hit the pause button), then they freeze in position. Anyone still moving when the music stops playing or who moves while the music is off is out for that round. The final person dancing is the winner.
 - **Musical Bobs**
Proceed like Musical Statues (see instructions above) except this time the children must bob down when the music stops. Last person to hit the floor is out. Last person dancing is the winner!
 - **Air Guitar competition**
Put on your favourite rock or heavy metal song and invite guests to showcase their best air guitar skills! The winner is the performer who does the best job pretending to play their imaginary rock guitar.
 - **Dance Switch**
Play music and have the participants dance randomly. Stand alongside the dance floor and randomly call out different dance styles, such as disco, square dance, ballroom, hip-hop or ballet. Whenever a new dance style is called, participants must switch their dance moves to suit that style.

86. Group Circuit

- Online there are numerous videos that are fun and suitable for all ages and will get everyone sweating! Try following one of these videos with your participants or come up with your own kid-friendly circuit. Here are some videos:
 - P.E. with Joe: https://www.youtube.com/watch?v=4wzoy_J3I_c
 - Youth Fitness Circuit: https://www.youtube.com/watch?v=L_A_HjHZxfI
 - Go Noodle Zumba: <https://family.gonoodle.com/channels/zumba-students>
- And here are some exercises you can incorporate into your own circuit:
 - Squats
 - Jumping Jacks
 - Star jumps
 - Push-ups from knees
 - High Knees
 - Butt Kicks
 - Bear Crawls
 - Mountain Climbers
 - Sit Ups

Tip: Set some group goals with the circuit. For example: as a group how many reps can we accomplish together in 2 minutes? Do the same circuit over multiple days/weeks and see how far you get as a group!

87. Trivia Challenge

- Pick a set of kid friendly trivia questions. Sticking to a theme can make it more fun/simple to run (Disney trivia, Animal trivia, etc..) The following sites offer an array of questions to draw from:
 - <https://laffgaff.com/trivia-questions-for-students/>
 - <https://parade.com/944584/parade/trivia-questions-for-students/>
 - <https://www.triviaquestionsnow.com/for/students-trivia>
- Create a PowerPoint for the trivia game. Have the questions visible for participants to read. You can choose to provide 4 multiple choice answers (like Who Wants to be a Millionaire) to make it easier for them to decipher the answer.
- You can choose to have the youth play as individuals can put them into teams and have them use the breakout room feature to discuss answers in 'private'. Give each participant/team roughly 5 mins to discuss/answer each question.
- Have participants/teams write down their answers for each round. At the end of the quiz go through the answers and see who got the most correct!

88. High or Low?

- This is like the Hi-Lo Game on Price is Right. It requires a little prep beforehand, but it'll be worth it!
- Begin by using the "share your screen" feature on your platform. On your screen, you will show a picture of an item on Amazon with a fake price that has been typed onto the picture.
- Then all the participants will hold up either a thumbs up or a thumbs down, to indicate if they think the real price is higher or lower than the price shown. If the price is higher, participants with their thumbs up get a point. If the price is lower, participants with thumbs down get a point.
- You can play in teams (they'll need to be evenly divided), and whoever gets the question right gets points for their team.
- The preparation on this game is looking up a variety of items from Amazon, saving an image of each item, and keeping track of the original price of each item.

89. Scavenger Hunt

- Participants will work together on teams to locate an item around their home and bring it back to show the group the fastest. Whoever is able to bring back the correct item the fastest scores a point for their team. The first team to score the predetermined number of points wins!
- Come up with a good list of items that most people would have around their home, but that might not be within an arms' reach during the game (ex. Pencil, toothbrush, tv remote, chocolate bar etc.)
- Once you have enough participants on the call to assign at least 2 people per team, split them up using whatever method you like the most – we suggest if you're on Zoom, use the Breakout Room function. Before sending them to their team/breakout rooms, give the instruction that they have 2 minutes to come up with a fun team name before calling them back to begin the game. If people join late, let them watch a round or two and then assign them a team
- The game leader will spin the random picker and read out the item that the teams need to retrieve
- Participants will try to locate the item in their house and bring it back to show the rest of the group first – whoever comes back first wins a point for their team! In the event of a tie, both teams will score a point.
- The game leader will keep track of team points for everyone. First team to 5/10/whatever wins!

90. Escape Room

- Choose one of the following escape rooms and attempt it with your participants, they differ in skill level but are all participant-friendly: <https://studentsactivitiesblog.com/137828/digital-escape-rooms/>
- Make sure you test out the escape room you want to play before you host it. This way you will know if the difficulty level matches the capabilities of your youth.
- Also, make sure you have the answers to the game jotted down before you begin, as it will allow you to keep the flow of the game going once started.
- When you are ready to host the escape room consider the following things:
 - Try dressing up to set the scene/get into character! You can even tell your participants to dress up too.
 - Make sure you read through the escape room with a fun, entertaining voice to keep the participants engage.
 - Don't forget to share your screen so the participants can follow along!
 - Give participants ample time to work through the questions and to collaborate – you may need to coax them along to the answer at times.

91. Color War

- Who says you can't hold a virtual color war? If you can get enough virtual participants to make at least two teams, you can run a color war.
- Divide your participants into two teams. Send them off to their own breakout rooms on Zoom. There they can come up with their team name, team cheer, and strategize.
- Over the course of the week award points for...
 - Showing up each day or for each activity (100 points)
 - Wearing their team color (100 points)
 - Participating in challenges (100 points)
 - Winning, or placing, in the challenge (500, 1000, 1500 points)
- You can create all sorts of challenges that the participants can participate in. They can be challenges that are recorded and submitted later, challenges that are done live, trivia contests, art contests, writing contests, fitness contests, cooking contests, talent contests, etc.
- At the end of the week announce the winner and have a virtual ceremony.

92. Virtual Charades

- For this game you can divide participants into teams (or utilise the *Break-out Rooms* feature depending on size of the group).
- The leader will give each participant a word or phrase and each team will take turns to act it out without speaking, while the other members of your team try to guess what the phrase is.
- The objective is for each team to guess any many words or phrases from each participant in 45 seconds.
- The team that has the most correct guesses win.
- For this game, you can use the private message feature on "zoom" to send the word or phrase to the specific participant to reduce the chances of other participants seeing it.

INDIVIDUAL CREATIVITY ACTIVITIES

*One great way to connect is to **show, tell, and discuss** after completing an individual challenge, especially one that requires a ton of creativity! Below is a list of activities that will stretch participant's creativity and are great for show and tell with the whole group!*

***Additional supplies required for the following activities.**

93. Boat Design Challenge

- Grab materials from the recycling or things you have at home and try to design a boat that is going to float. Get participants to test out their boats in the tub or a sink!

94. Craft Improvisation

- Create a drawing/ painting using random items you can find around the house. Here are some examples:



95. Drawing Prompts

- All the participants you are working with will most likely have a piece of paper and pencil at home. So why not take advantage of that and get creative with some drawing prompts. Here are some to get you started:
 - Draw Your Favorite Season
 - Draw Your Own Galaxy
 - Draw something BIG
 - Draw things that are small
 - Draw something that breathes fire
 - Draw only using straight lines
 - Design a maze
 - Create your own graffiti-inspired design
 - Design your own shield
 - Draw what happens to your anchor as it sinks to the bottom of the ocean
 - Create your favorite ocean animal.
 - Imagine aliens landed in your neighborhood. Draw what happens next.
 - Design a car of the future
 - Draw your dream house
 - Draw your special superpower if you were a superhero.
 - Draw your own special birthday cake
 - Draw what it would be like to live with dinosaurs
 - Design a t-shirt based on your name
 - Draw what would happen if it rained chocolate milk.
 - Draw things that crawl
 - Trace your hand and then turn it into something else
 - Design a new roller coaster

96. Domino Tumble

- Build a domino line using dominos or things you have at home like blocks, old movies, books, you name it! Try tipping it over and see who can knock over the most items in one go!



97. Tallest Tower

- See who can build the tallest tower out of household items – make sure nothing breakable is used! Set a time limit and see who can build the tallest, sturdiest tower in a matter of 5-10 mins.

98. Paper Chain Challenge

- Who can make the longest paper chain from a single piece of paper? Sounds too easy. Or does it?
- Many STEM projects use critical thinking skills as well as math, and engineering skills and this one is no exception. Attention to detail is a must and pre-planning is encouraged! This can be either a timed challenge or not. Top of Form
- TIME NEEDED: At least 15-20 minutes is usually a good time allotment if you need to keep track of the clock, but it can also end up being an open-ended exploration that can morph into new challenges.
- Additionally, if you have the time, add in a design and planning stage and a conclusion stage where everyone shares what worked and what didn't as well as do differently thoughts.
- Challenge the participants to have another go and redo the paper chain STEM challenge. Can they beat their original length with a new technique?

99. How Strong is a Piece of Paper?

- We are going to test the strength of paper by folding it into different shaped columns and piling books on top. We want to test why columns in buildings are shaped the way they are.
- Get 3 sheets of paper. Fold them into a cylinder, rectangular prism and triangular prism. Pile books on top of the sheets of paper and see which one is the strongest.
- Get participants to guess which one they think will be the strongest column and get them to test it out by placing books on top of the columns!



100. Paper Airplanes

- Get participants to create paper airplanes. Tell them to decorate them however they desire! Have a competition to see who can throw it the farthest down a hallway in their home! Let them keep upgrading the shape of their planes until they are happy with its flight path!

KINDNESS/GRATITUDE ACTIVITIES

It turns out an attitude of gratitude comes with a lot of health benefits, including:

- Greater happiness
- More positive emotion
- Improving health
- Dealing with adversity
- Building strong relationships

If kindness and gratitude can do this much, why not consider incorporating them into your everyday session routine? Below are some of the top ways to cultivate gratitude on a regular basis with some creative and fun ways to do this virtually.

Here are some additional resources on the topic:

Harvard Health Publishing:

<https://www.health.harvard.edu/healthbeat/giving-thanks-can-make-you-happier>

“How Gratitude can Change you and Your Brain” by Joel Wong and Joshua Brown:

https://greatergood.berkeley.edu/article/item/how_gratitude_changes_you_and_your_brain

101. Future Letter to Yourself

- Have participants write letter to their future self about where you want to be in 1 year – thinking about goals, dreams aspirations etc., making sure to include a few to thank and acknowledge heir present self for everything they are doing right now they feel proud about.
- Ask your participants to keep the letter in a safe place and to challenge themselves not to look at it again for a year!

102. Create a Virtual Celebration Corner

- Assign a celebration corner leader. They will be in charge of writing down all the shoutouts and putting them on paper or a poster.
- Challenge participants to type 5 positive words/ about something they saw or heard another participant doing throughout the week. Sending it to the celebration corner leader, here are a few prompts:
 - I want to thank you for...
 - 5 words to describe you are..
 - I want you to know that you are...
- At the end of the week as the leader send you all the shoutouts that you can share the next week!

Tip: It is best managed if the celebration leader lets you know of the shoutouts BEFORE sharing with the participants, that way if you want/or need to add a few more shoutouts you can before sharing them with the group!

103. High Five

- On a piece of paper, have participants trace the outline of their hand.
- In the palm, write the name of a family member or friend. On each of the five fingers, write one thing that you like or appreciate about this person.
- Encourage participants to decorate it with doodles or pictures that represent that friend or family member to them

104. Unstoppable Me

- Get all your participants to draw a portrait of themselves as a superhero
- Ask everyone to explain what their powers are and how they will change the world.

105. Poster of Motivation

- Ask participants to create a poster with an inspirational message that they can hang in your house, apartment or building that will brighten someone's day. (Ex: Everyday is a new opportunity).
- If participants are willing, ask them to share what they created and tell everyone why the quote was inspiration to them.

106. Mindful Minute

- Instruct your participant(s) to find a space where they feel most comfortable in their home. This could be their bed, laying out in the grass, or in their favourite spot on the couch.
- Have them close their eyes and imagine being on a beach. Gently talk them through a scene to help place them in a calm mindset.
- For example: "Imagine you are laying out on a beach.....You hear the waves crashing in the background.....Feel the wind blowing in your face as you hear the birds chirping in the distance... Feel the sun on your skin and the sand in your hands as you relax and focus on breathing in, and breathing out." T
- The objective of this activity is to encourage your participant to take a few minutes to relax and refocus.

Modification: Read out loud from a book instead describing a scene.

107. Stand up, Sit Down

- This is a great game for changing the energy and creating a more calming space!
- If they can, have all your participants to stand up
- Next, ask them to close their eyes and challenge them to count to 60 seconds in their head
- Once they have reached one minute, ask them to sit down, open their eyes and give you a thumbs up
- Wait until everyone's eyes are open and then say who got the closest to one minute. down when they think they have reached one -minute
- **Note:** It's hard to do! You will probably have participants opening their eyes at various times! Afterwards, discuss how everyone is feeling and what they thought about the game.

Tip: Try doing it more than once to see if participants can come closer to the one-minute mark.

TOOLS TO DEMONSTRATE LEARNING

*There are so many different ways for participants to demonstrate what they know in a virtual setting! A list of 45 ideas can be found in **Appendix A**. Below are **10 examples** of games and activities that can be used to demonstrate learning!*

108. Virtual Adventure!

Who said field trips had to be cancelled? Whether you need a trip to the aquarium or want to check out some dinosaurs, the adventure does not have to end because you have gone virtual! Consider taking your session on an adventure and then asking for a field trip report/drawing at the end. Could you also use this experience to support research for a individual or group project?

Check out some of the following resources and inspire a sense of adventure into your participants at home:

- **Learn some baseball history:** <https://baseballhall.org/discover/online-exhibits>
- **Spend a day at the Zoo:** <https://zoo.sandiegozoo.org/cams/koala-cam>
- **Take a trip under the sea:** <https://www.montereybayaquarium.org/animals/live-cams>
- **Roam the National Museum of Natural History:** <https://naturalhistory.si.edu/visit/virtual-tour>
- **Explore in augmented reality (360 degrees):** <https://artsandculture.google.com/project/family-fun>
- **Spend a day at Disney:** <https://www.youtube.com/channel/UCYyJUEtYv-ZW7BgjhP3UbTg>
- **Travel the world:** <https://www.google.com/earth/>
- **Check out a space shuttle:** <https://www.nasa.gov/nasa-at-home-for-students-and-families>
- **Take a trip to Mars:** <https://accessmars.withgoogle.com/#>
- **Take a trip to the Circus:** https://www.youtube.com/watch?v=VLOTG_nCqzE

109. Short Stories

- Have your participants write their own short story, no longer than one page. Here are few prompts:
 - 10 years from now here is what would happen to the main characters in the book we just read...
 - My ending to the story would be..
 - If x (a secondary character) was the main character I imagine the ending would be..
 - Provide a metaphor and ask participants to write about that, based on their understanding

Tip: Provide participants the option to act out their story to the group if they choose too!

110. Create Dream Boards

- Have you ever made a dream board or vision board?
- Basically, you think about what you want to achieve in the next 5 years (degree, house, dream job, specific skills, visit Europe, closer relationship with sister, etc.). Then you grab a bunch of magazines and cut out pictures that represent your goals and dreams. You could also, print out images off the computer. Or even draw your goals and dreams. After that, you paste all the images onto a poster board. And finally, you hang the poster board up in your room. This is a great activity to do with participants and is sure to spark a lot of conversation!

111. Put it in a Speech

- Instead of writing a report or essay, why not try a speech? Ask participants to create a 3-4-minute speech to advocate for a certain topic, idea or point of view.
- Worried about participants listening to a lot of speeches? Why not put participants in small groups, where they write the speech together and then take on parts to say. While groups are presenting ask participants to take notes for peer feedback:
 - What is something the presenters did really well?
 - If they were to give the speech again tomorrow, what is one piece of advice you would have for them?

112. Scattergories

- Have each participant get a sheet of paper and a pen. Then tell participants to divide their sheet into 4 sections and give them 4 categories to label each section (for e.g. "animals", "countries", "foods", "girl's name"). Theming the sections on the lessoned just learned.
- A single letter is then selected by you (the leader) and the participants have 60 seconds to come up with a word that fits in each category that starts with the chosen letter.
- For example, if you choose the letter B they now try to name as many animals, countries, foods and girls name that starts with B in 60 seconds!
- After each round everyone should share their answers with the group
- If you have the same answer in a category as someone else you cross it off and don't get a point. If you have an answer that nobody has that counts as a point.
- After each round get teams to tally their points to see who is in the lead. Play as many rounds as you desire!

113. Talent Show

- We really love the idea of holding a virtual talent show! As always, we suggest this being a volunteer basis as some participants won't want to participate in a talent show, but they will all want to watch. You can do a live talent show and bring the participants on-screen one at a time. You can also have them record their talent and sending it to you ahead of time. This way you can edit them all together and plan a talent show date and time so everyone can watch!

114. Comic Strip Creation

- Ask participants to share the names of different comics and cartoons that they know. Also have them give descriptions about them - who are the characters? Is there a storyline that continues through? Where does it take place?
- Share samples of many different types of comics, comic books, and cartoons. You can find these at the library, comic book store, in the newspaper, or online.
- Talk about what's the same or different between the types:
 - Comic strip - several panels or boxes telling a story
 - Comic book- a group of comic strips gathered together, looks like a magazine
 - Cartoon - a single box or panel, sometimes without words
- Now is the fun part! Tell participants to get creative and create their own comics. Share them with the group at the end of the session.

115. Spot the Difference

This game is great for grammar/spelling comprehension!

- Let everyone take a few minutes to inspect each other's appearances.
- Once they feel set, send them off to individual breakout rooms and instruct them to change something about their appearance
- After a few minutes, have everyone return to the main screen and as a group identify what each person has changed.
- Once you have played this a couple of times, show a sentence or paragraph on the screen (or provide this individually to participants) from a book you just read.
- Then take out an important grammatic element – does the group notice? Who notices?
- Ask them to say why the sentence no longer makes sense.

SATISFACTION ASSESSMENT ACTIVITIES

116. Quick Grab with a Twist

- This is a great icebreaker by itself! Play the version on pg. 13 BEFORE adding on this modification for assessment.
- For this version, participants will need: something red, something green and something yellow (such as a book, sock, shirt etc.).
- Once participants understand how the game works ask them to grab their red, green and yellow objects
- Ask participants to place their objects in front of them, wherever is comfortable
- This time, assign colours different feelings/emotions to each object:
 - Red = You absolutely don't like something or don't agree
 - Green = You love it, totally agree
 - Yellow = You are unsure, undecided
- Once that is all set up, say a statement you want the answer too and then play quick grab, giving instructions ie: touch your head etc.
- This time, when you say GRAB participants are going to pick the object based on their colour and hold it to the screen
- For example: If you say the statement: I am excited to read the next chapter in the book and find out what happens to character 'X' and the participant is NOT excited they would pick up the red ball and show the screen once you say GRAB.

117. Batter Up

- This is a great game for anyone missing baseball right now! It can also be modified to incorporate more or less movement.
- Equipment needed: 4 items participants can step on (a piece of paper, shirt etc.)
- If participants are able and have the space, as them to set up their four items into a baseball diamond with a Homeplate, 1st, 2nd and 3rd base.
- Say: each base represents a feeling:
 - Home plate = hit a home run, you love it, that sounds like the BEST thing ever
 - First base = hit a single, you don't like it
 - Second base = hit a double, you are unsure/undecided
 - Third base = hit a triple, you agree, like
- Have participants stand in a batter stance and say: "batters up!"
- Next, say a statement you want to know something about.
- Here are some example questions:
- General Interest:
 - I like chocolate chip pancakes for breakfast
 - I prefer chocolate to vanilla
- Assessment of past activities:



- I liked the previous book we read together
 - I enjoyed the music Ms. H picked out today
 - Assessment for the future:
 - I am excited to add more math challenges into our virtual session
 - I like the idea of more group work
 - I want to do an udert the water theme next week
 - Play 1 or 2 rounds where participants simple move to the base of their choice
 - Next, add different signals for each base – asking participants to do that signal once they get to the base, for example:
 - Home plate = home run dance (hands in the air, wave them around)
 - 1st base = thumbs down
 - 2nd base = shoulder shrug
 - 3rd base = thumbs up
 - Say 5-10 statements playing with both movement and signals.
- Modification:** If participants are unable/unwilling to move around the bases have them type which base they would choose in the chat or show the signal on screen without movement

118. Happy Face/Sad Face

- Ask participants draw a happy and sad face on two different pieces of paper or sticky notes.
- The happy face represents what they loved about today’s lesson and the sad face represents something they didn’t love about todays lesson—or something they wish had been different.
- Ask participants to write or draw underneath their happy + sad faces – what they liked and didn’t like about the day
- On the count of three ask everyone to show first their happy face to the screen – take a screen shot
- Next, ask everyone to place their sad face to their screen – take another screen shot
- After everyone has logged off, spend some time grouping common answers.

Modification: You can also replace happy/sad face with “Hits” and “Misses” – this works well for older youth.

119. Roses, Thorns & Buds

- Ask each participant to think of their highlight (rose), low point (thorn), and something they’re looking forward to or want to do next session (bud).
- Allow each participant to share to end off your session!
- This is a good way to plan your next session.

120. Where the West Wind Blows

- Using two walls opposite each other (or two items across the room from each other), ask your participant(s) to start at one of the walls.
- Then say: “the west wind blows if…” and I fill in the blank of this question.
- If the participant’s answer to the question is YES, they will MOVE, MOVE, MOVE as quick as they can to touch the other wall.
- The leader will ask a different question, and if the participant’s answer to the question is YES, they will move again.

Tip: Try using all 4 walls in one room to increase choice!

- Here are some common questions for the West Wind Blows cool down activity:
 - The west wind blows if…



- You had fun with our icebreaker game today.
- You worked hard on your project today.
- You feel proud of your efforts today.
- You are excited to log on to our virtual session tomorrow.

FORMATIVE ASSESSMENT ACTIVITIES

These activities have been taken from: <https://wabisabilearning.com/blogs/assessment/15-assessment-activities-fast-formative>

121. Peer Quizzes

- Participants can write their own questions about the content and then quiz each other. They would also spend time going through the incorrect answers with each other to heighten their understanding.

122. 5x5 Journal

- Journaling has been proven to be one of the best reflection tools around for learning. Have participants journal about the five most interesting ideas they discover during a session. Next, they identify five things that resonate with them about each one and explain why.

123. Past Postcards

- Have participants adopt the personality of a historical figure and write a postcard to another historical figure from the same era. They can discuss a significant event from history that history that has just occurred.

124. Cool Collages

- Ask participants to make a collage or poster from magazine photos for demonstrating their understanding of a concept. They can use standard art materials or use apps designed for drawing.

125. Talk it Out

- Participants can host their own talk show and discuss the important points of any hobby or interest. They write their own questions and answers and can even play characters of their own creation.

126. Daring Doodles

- Challenge participants to use a drawing rather than words to show understanding of a concept. This is the perfect exercise for those kids who have difficulty speaking out in public.

127. Exploration Table

- At the end of session, each participant answers the following questions presented to them on index cards:
 - What did we do in session today?
 - Why did we do it?
 - What did I learn today?
 - How can I apply it?
 - What questions do I have about it?

128. 3-2-1

- Have participants write or talk about 3 things they learned, 2 things they still want to learn, and 1 question they have. These values are interchangeable and can be used in different combinations, or with different questions altogether.

129. Movement Challenge

- This is a great way to encourage dynamic movement while learning multiple-choice questions. Challenge each participant to designate four different spots in their room with a letter (A: their chair, B: the back wall, C: the floor and D: the laptop). Call out various questions and challenges participants to go to the designated area that they believe corresponds with the correct answer.

130. Traffic Cards

- Participants create index cards with a large green marker circle on one side and red on the other. If they are following along and understanding the activity, the green side of their card is upright and visible to you. When they do not understand something and need clarification, they flip the card to show you the red side. Here is an alternative method that can be downloaded for free and printed on coloured card stock for quick use.

131. Twitter Board

- participants summarize what happened in programming using 140 characters.

132. Top Ten Lists

- participants can write out their ten most important takeaways from an activity or a group discussion. Encourage them to create lists that are humorous and fun.

133. Roll the Dice

- Ask each participant to grab a dice (or create a 6 sectioned spinner). At the end of session, each participant rolls and briefly answers aloud a question based on the number rolled:
 1. I want to remember ...
 2. Something I learned today
 3. One word to sum up what I learned
 4. Something I already knew
 5. I'm still confused about ...
 6. An "aha" moment that I had today

134. Quick Quotable

- Have participants create two columns on a piece of paper. On one side, have them write 5 or 6 of their most favourite quotes from people they admire. In the adjoining column, have them write their own interpretation of what the quote means to them and why it appeals to them. If they're feeling good about it, have them consider what makes a great quote as they write their own about ideas that are important to them.

135. Additional Fun Formative Assessment Ideas

Adapted from: *100 Things Participants Can Create To Demonstrate What They Know*

<https://www.teachthought.com/learning/60-things-students-can-create-to-demonstrate-what-they-know/>

- | | | |
|---|------------------------------|---------------------------|
| 1. Blog | track of the key | background – filling |
| 2. Book Jacket | things they learned | it up with everything |
| 3. Brochure | that day, have them | participants find |
| 4. Session Book | create a learning | interesting after a |
| 5. Collage | logbook that keeps | day of learning. |
| 6. Comedy Skit | track of this along | 38. Presentation |
| 7. Commercial | with the date. | (PowerPoint) |
| 8. Debate | 24. Video – get | 39. Create a sample |
| 9. Demonstration | participants to video | product at home |
| *Great for Physical | tape themselves | 40. Puppet Show |
| Activity | completing | 41. Re-enactment from a |
| 10. Diary Entry | assignments. | book or movie |
| 11. Doodle | 25. Magazine | 42. Scrapbook |
| 12. Drawing | article/cover | 43. Self Directed Project |
| 13. eBook | 26. Map | – Provide options |
| 14. Essay | 27. Mock Product-Pitch | and give participants |
| 15. Experiment | 28. Monologue | choice on how they |
| 16. Flow Chart | 29. Movie Poster | want to complete it! |
| 17. Gif Animation | 30. Mural | 44. Self-Directed Short |
| 18. Glossary | 31. News Report | Video |
| 19. Google Earth Tour – | 32. Newsletter/
Newspaper | 45. Timeline of events or |
| spot the places you | 33. Panel Discussion | steps to complete a |
| talked about during | 34. Photo contest | project |
| your lesson | challenge | |
| 20. Graph | 35. Create a group | |
| 21. Infomercial | Podcast and invite | |
| 22. Kahoot! | “special guests” to | |
| https://kahoot.com/schools/how-it-works/ | speak about a topic. | |
| 23. Learning Log – ask | 36. Poem | |
| participants to keep | 37. Create posters to | |
| | hang in your | |