

Find Something!

This activity can be done with virtual, in-person, or hybrid teams. It is a great energizer to get people moving and keep the energy high!



Instructions for the facilitator:

You will read one prompt at a time. Everyone will get 1-2 minutes to find the item that the prompt is asking them to find and bring it back to the meeting (either show it on the zoom camera or in your in-person meeting). As employees get back to their cameras or their chairs with their items, call out what you see and if anyone has any innovative or unique items. There is a list below, but feel free to add your own finds.

- Find something green
- Find something you can write with
- Find something that you can eat
- Find something soft
- Find something that holds something else
- Find your favorite thing
- Find something alive
- Find something that smells nice
- Find something that you can drink
- Find something you can write on
- Find something that makes a sound
- Find something that lights up