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| --- | --- | --- | --- |
| **Date** |  | **Team Leader** |  |
|  |  | **Facilitators** |  |
| **Client** | *FYE 50* |
| **Contact Name** |  | **Apprentices** |  |
| **Phone #** |  |  |  |
|  |  |  | *Make facilitators Co-Host*  *Clean Desktop*  *Powerpoint Link -*  [[**https://docs.google.com/presentation/d/1Po0gw3fditLlmBFSaVV1nO5av\_SPHVM8jY5HdMzhKyc/edit?usp=sharing**](https://docs.google.com/presentation/d/1Po0gw3fditLlmBFSaVV1nO5av_SPHVM8jY5HdMzhKyc/edit?usp=sharing)](https://docs.google.com/presentation/d/1Po0gw3fditLlmBFSaVV1nO5av_SPHVM8jY5HdMzhKyc/edit?usp=sharing) |
| **Group Description** | *25 Freshman Sac State Students* | **Things To Do Before Program** |
|  |  |  |
| **Program Goals & Expectations** |  |  |
|  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **Team Member** | **Time** | **Activity** | **Detailed Description** |
|  | *00:00* | *Welcome* | *Hello! My name is…….. and we are from Peak Adventures.*  *I’d like to start the day by introducing our 3 rules*   1. *Take Care of Yourself*  * *Mute yourself if needed / grab water if needed. We will have a break halfway through this session.*  1. *Take care of each other*  * *Challenge is coming! Be respectful, Be supportive*  1. *Take Care of this place.*  * *Use Zoom Appropriately! When we annotate or type in chat keep it G rated!*   *We will be using some zoom features such as annotate, chat, breakout rooms, mute, and screensharing. Please feel free to ask questions if you need help figuring out how to make these options work!* |
|  | *00:05* | *Brain Gems* | *Rabbit and Hunter, Pinky and Thumb, Ear and Nose, opposite circles, Ok Sign on Chin……* |
|  | *00:10* | *Zip! Zap! Zop!* | *Write Up Below* |
|  | *00:15* | *Have You Ever?* | *Write Up Below* |
|  | *00:25* | *Draw This!* | *Write UP Below* |
|  | *00:40* | *Closing / Peak Pitch* | *Types of Closings*  *3,2,1*  *One Word Whip*  *Before and After (screen share and stamp images)*  *Survey - <https://www.surveymonkey.com/r/virtualteambuildingsurvey>* |
|  | *00:50* | *Debrief* |  |

**VIRTUAL ICE BREAKER: HAVE YOU EVER?**

**GOAL**

* To energize the group, to get to know other’s names, and to have fun! This is a morning activity for the entire group.

**SET-UP**

* Be sure that everyone can type in the zoom meeting
* Be sure that everyone can hear each other

**STORY/RULES**

* As the facilitator, you unmute yourself and introduce yourself.
* Instruct the rest of the group to welcome you. Show them how. Ex: Snap your fingers twice, clap your hands twice, raise up your hands, and yell out (with energy), “Howdy, (your name)!” Have them practice the welcome.
* Tell the group you are going to ask them a question. Explain to them that the question will be phrased, “Have you ever \_\_\_\_\_\_?” and the person that is unmuted will fill in the blank. Whatever the person uses to fill in the blank must be true of the person asking, (you for now) and that the group must answer honestly in response.
* Explain to the group how to answer a question. If they have ever done what you ask of them, they must type in chat “I have!”
* After everyone who has done the thing has typed in chat that they have, the last person to send the message will be the next to go.
* Ask the question! Ex: Have you ever ridden a bike?

**SAFETY**

* Keep questions PG-Rated.
* Don’t let the game become too fast paced.

**Virtual Initiative: Draw This!**

**Goal**

* The whole team must try their best to draw the same exact image.

**Story**

* You are night time museum security. The museum you work for has just been robbed of its most valuable art piece. If this is discovered by the day crew your boss won’t be so happy so you and your team must figure out a way to replace the image. The new guy says, “What if we try to recreate the image and hang that up until we find the original piece?” The guard responsible for protecting the piece was knocked out by the robbers but says he can try his best to explain the image.

**Rules**

* One person is the “Art Director”. Everyone else will be the Artists.
* The “Art Director” can only explain the image using geometrical shapes i.e circle, dot, line, triangle, rectangle.
* The “Art Director” cannot show the image or use their hands to outline the image.
* The “artists” can only ask one question per person for the entirety of the activity.

**Variations**

* The Facilitator can give the art director an image or allow them to find something around them to explain.
* You can limit the artists abilities I.e they cannot talk, they cannot look at the screen, no questions etc……. .
* Participants will need Pen and Paper or can use a drawing app on their device.

**VIRTUAL Name Game: Zip! Zap! Zop!**

**GOAL**

* Energize the group and learn names!

**SET-UP**

* None

**STORY**

* I want the group to learn and say some names. I want everyone in the group to harness a ball of energy. Now listen to it closely……is it making any noises? “ZIP!...........ZZZZZZZAP!.............ZZZZZZZZZZZZZZZZZOP!”
* Now we are going to begin passing this loud ball of energy around like a hot potato. But when you are passing it you need give the person a heads up by saying their name first.
* Remember to also say the sounds in the correct order……if the energy ball is making the wrong sound it will mostly definitely blow up!
* EXAMPLE:

Step 1.) “ZIP, (name of person you are throwing it to)” then pass the ball to them.

Step 2.) The second person catches the ball and says, “ZAP, (name of person they are throwing it to) then pass the ball to them.

Step 3.) The third person catches the ball and says, “ZOP, (name of another person)”.

Step 4.) The Fourth person catches the ball and says, “Zip, ( name of another person)

Step 5.) repeat this order until mistakes occur or facilitator ends game.

**Rules**

* Participants must say the correct order of the words. Zip, Zap, Zop, Zip, Zap etc…..
* Participants must get the ball to everyone in the group
* (optional) participants must not take longer than 5 seconds to say the word
* (optional) Participants cannot pass it to the person they just received it from.

**Considerations**

* May have to use chat for folks without mic or camera