

Virtual Icebreakers & Community Building Activities

Name	Description
Mood chart	<ul style="list-style-type: none"> • Create a mood chart/matrix using images (see below for examples) • Using the share screen feature on zoom, share the mood chart. • Ask participants how they are feeling and ask them to provide their response on the Chat.
Rose, Thorn, Bud	<ul style="list-style-type: none"> • Have participants share their rose, thorn, or bud either on the chat or out loud. <ul style="list-style-type: none"> - Rose: Something they are thankful for - Thorn: Something they are having difficulty with - Bud: Something they are looking forward to or excited about
If you were...	<ul style="list-style-type: none"> • Ask participants to share their answers out loud or using the chat. • Types of questions: <ul style="list-style-type: none"> - If you were an animal, what animal would you be? Why? - If you were a vegetable, what would you be? Why? - If you could choose to stay one age forever, what age would it be? Why? - If you could change your name, what would it be? Why? - If you had a superpower, what would they be? Why? - If you had three wishes, what would you wish for? Why?
Weather check	<ul style="list-style-type: none"> • Ask participants to reflect on their week and describe it using weather terms • Some participants may say sunny or cold. While others may be creative and say sunny with dark clouds in the distance.
Creating a story	<ul style="list-style-type: none"> • The first person will start with the beginning of the story. They will say one sentence and let another person finish the next. For example, "Liz woke up and saw that it was bright and sunny outside. She saw...." • Each person will alternate on describing a positive or negative event. For example, the second person will describe something negative and the third person can describe something positive.
Something fun you did	<ul style="list-style-type: none"> • Have participants think about something fun they recently did. • Using the whiteboard feature on Zoom, have the participants post a picture that shows that activity.
Guess who...	<ul style="list-style-type: none"> • Have participants send their baby pictures to the meeting host. • The meeting host will collect the pictures and display it in a collage. • Using the screen share feature, the host will share the collage. • Participants have to guess who is who based on the baby pictures.

Mood chart examples:

