



10 TIPS

To pep up your team meetings

1. Get everyone to share who is their fantasy person that they would love to self-isolate with at home and why?
2. Have a couch karaoke moment with one team member. nominating the song and you all sing together.
3. Meet the pet.
4. Share a quote of the day – here's two for you *"Doubt ruins more dreams than failure ever will"* or *"Argue for your limitations and sure enough, their yours"*.
5. All do a random act of kindness before next meeting and share what you did.
6. Run a trivia quiz between states on product knowledge plus fun ones – quaran-teaching.
7. Attend the meeting wearing tops in the colour of the rainbow.
8. The 5 minute Learn a New Skill – each member to rotate to teach their team a new skill (eg. Learn the phonetic Alphabet – Alpha, Bravo, Charlie; How to poach the perfect egg, How to make a Cosmopolitan drink, etc).
9. Share what you are grateful for.
10. Nominate a team member to give you all a tour of their house OR pick a different room for this call.

**"Laughter is the best
medicine"**



Another 10 TIPS

To pep up your team meetings

11. Share your stars on jars moment – what is the one thing you can't wait to do once the lockdown is lifted (mine is hug people).
12. Have a little fun, start a meeting with a game of: Charades/Who Am I/Trivia.
13. Go for a 'Walking' Zoom meeting on your phone.
14. One person each meeting to ask for help/advice on anything they might need some assistance with (eg. mine this week is how to wallpaper, anyone got any advice for me?)
15. Picture sharing – everyone to share a personal photo (of them as a child, their family, a special moment in their life, a funny photo), etc.
16. Scavenger hunt – first person to run off and return with the nominated item (eg. a spatula, a roll of toilet paper, a plant, etc)
17. Do a team exercise slot online e.g. stretches, star jumps, sitting against wall for 1 minute.
18. Share a one thing momentOne thing I have learned about myself is..... One thing I could not do without is.....
19. Share your favourite Lockdown recipe.
20. Wear a hat / dress up.

**“Creativity is intelligence
having fun”**