

# WARM-UPS FOR USE IN A VIRTUAL SETTING

## TEN THINGS IN COMMON

Let participants know that the Ten Things in Common warm-up activity will have participants work together in pairs at first, and then as a whole group. Pairs will come up with a list of 10 things that they have in common, (e.g., gender, ethnicity, we are both wearing shoes, we own a MacBook, we are both sitting on a chair, we each have a cellphone, etc.) Tell them they will have 5 minutes to come up with the 10 commonalities.

- 1 Break participants into pairs in the room or break-out rooms online. Pair participants up with someone they do not know well.
- 2 Set the time for 5 minutes.
- 3 Bring everyone back to the whole circle.
- 4 Ask someone from each pair to share quickly their list of 10 commonalities. Ask the other circle members to use a Thumbs-up reaction in Zoom if they, too, have the thing in common that another pair has shared, whether it's on their list or something individually true for them (but not on list.)
- 5 Ask, "What did this activity reveal about how we see commonalities with others?"

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## BUST A MOVE

Facilitator Tech Note:

- 1 Switch to Gallery View to see all the participants displayed at once, if you haven't already done so.
- 2 Have your music ready to share on your preferred music platform or service (iTunes, Spotify, Pandora, etc.)
- 3 Click the Share Screen button at the bottom of your Zoom window. A smaller window will pop up with three tabs at the top "Basic," "Advanced," and "Files."
- 4 Under the "Advanced" tab select the "Music or Computer Sound Only" option.
- 5 Then, click the "Share" button at the bottom right of your screen. A small bar will appear at the top of your Zoom window stating, "You are sharing computer sound."
- 6 When you are done with the activity, press "Stop Share."

- 1 Tell participants that you will begin to play music in a moment.
- 2 Say,
  - We will all "bust a move" together following one leader at a time.
  - I will start us off. You all are to mirror the move that I make.
  - Then I will call in the next leader to "bust a move" and we all mirror them.

- I will be selecting each of you randomly until everyone has led, so be ready.
  - When it is *your* turn to lead, please move however you feel most comfortable. It can be as small as wagging a finger or as big as you want.
  - I will play the music. Can everyone hear it clearly?
- 3 *Check that everyone can hear it clearly before you begin “busting a move.” The facilitator can choose either to pause the song every 30 seconds to switch a leader or to lower the volume briefly as you call the next leader’s name.*
  - 4 Encourage a freestyle session towards the end where everyone can move however they feel most comfortable.
  - 5 Stop the music and bring the activity to end.
  - 6 Celebrate with a round of applause and thank them for participating in the warm-up activity.  
End the screen-sharing by clicking Stop Share at the top of your Zoom window.

Reflection: *What was your favorite/least favorite part of this activity?*

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## FACT OR FICTION

The Fact or Fiction warm-up activity will begin to engage participants in looking at truths rather than norms, societal beliefs, and misconceptions. Participants will be presented with a statement and will determine whether it is a fact or fiction. If the participants believe the statement is fact they will stand up, if they believe it to be fiction they will stay seated. In addition to being an interactive warm-up, this activity provides the foundation for a discussion about norms, beliefs and misconceptions, and how they determine the harmful ways in which we may treat one another.

- 1 Read the following statements. Depending on changes in laws from time to time, some statements may vary as to whether they are fact or fiction. Be aware of the current laws in order to provide accurate information to the participants. After each statement, allow time for participants to respond. After participants respond, ask them to explain why they responded with either “fact” or “fiction.”
  - **We can all be defined in just one way.**  
(Fiction. We are all made up of different parts.)
  - **Undocumented immigrants do not pay taxes.**  
(Fiction. Undocumented immigrants use an Individual Taxpayer Identification Number, and pay over 9 billion dollars annually in payroll taxes.)
  - **People who identify on the SOGIE spectra can serve in the military.**  
(Fact. In 1993, President Clinton signed the “Don’t ask Don’t tell” law which permitted lesbian, gay, and bisexual people to serve only if they didn’t disclose their sexual orientation. Then, in September 2011, President Obama signed legislation removing all restrictions on gays in the military. On July 26, 2017, President Trump banned transgender people from serving in the military. This ban was lifted by the Biden Administration in 2021, and transgender people may again serve openly in the military.)
  - **It used to be illegal for people of different races to marry.**  
(Fact. Until 1967 it was illegal in some states for people of different races to marry.)
  - **Men of color couldn’t vote until 1870.**  
(Fact. The 15th Amendment prohibited the denial of the right to vote on account of race, color, or previous condition of servitude. However, even after gaining the right to vote, Black men continued to be disenfranchised by Jim Crow laws in the South, and continue to face hurdles today.)

- **Native Americans were always considered citizens.**  
(Fiction. Native Americans were not granted citizenship until 1924.)
- **Women (both white and of color) fought for the right to vote beginning in 1878 and were not granted that right until 1920.**  
(Fact. It took 42 years before they won the right to vote.)
- **Native Americans were allowed to vote when they became citizens in 1924.**  
(Fiction. It wasn't until 1957 that Native Americans could vote in all states.)

2 Ask the following questions:

- What did you learn from this warm-up?
- What sort of reactions did you have to the statements?
- How are these statements similar to what is happening to individuals in our society? How are they like experiences in your lives?

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## DO YOU KNOW WHO I AM?

The Do You Know Who I Am? warm-up will engage participants in identifying different things they have learned about each other during the previous sessions. This fun activity will provide the foundation for the discussion of how we honor the relationships that we have developed.

- 1 Have participants set their screen to Gallery View. Say:
    - During the previous sessions, we have all shared a great deal. As a group we have formed relationships and have learned a lot about each other. We are now going to put that to the test.
  - 2 Say,
    - Person #1 will call on Person #2, and Person 1 will then ask a question about themselves (example; What is my favorite color?) Person #2 will answer the question.
    - If Person #2 answers the question correctly, they will call on Person #3 and ask that person a question about themselves.
    - If Person #2 answers the question incorrectly, they will go back to Person #1 who will call on a new person and ask the same question. They can try this three times and if no one knows, then Person #1 can state their answer.
    - This will continue until all participants have had an opportunity to ask a question and receive a correct response or have provided the answer after three tries.
    - Celebrate with a round of applause and thank them for participating in the warm-up activity.
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## WHO I AM

The Who I Am warm-up activity will engage participants in identifying different intersections that they feel they represent. This activity will provide the foundation for the discussion of how we are affected by our intersections.

1 Prepare the Whiteboard on your platform with the following list of intersections:

<i>Race/Ethnicity</i>	<i>Language</i>	<i>Born outside the United States</i>
<i>Socioeconomic Status</i>	<i>Spirituality</i>	<i>Parents born outside the United States</i>
<i>Gender</i>	<i>Education</i>	<i>Disability</i>
<i>Age</i>	<i>LGBTQ+</i>	

2 Tell participants that you will share a list of intersections on the Whiteboard. Let the participants know that no one else will see which intersections they check off.

3 Share the Whiteboard.

4 Say,

- We are all defined multiple ways.
- Each participant will, using Annotate, place a check mark next to all the intersections with which you identify.
- As the facilitator, I will go first.
- After I finish, everyone will place check marks next to the intersections with which they identify.

5 After everyone has placed their check marks, invite participants to share which intersections they checked. Remind participants that it's okay to pass.

6 Celebrate with a round of applause and thank them for participating in the warm-up activity.

7 Say,

- We all can be defined multiple ways.
- How was it to think about the different parts of yourself?
- What was your favorite/least favorite part of this activity?

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## NAME WARP SPEED

The Name Warp Speed warm-up activity will engage participants in working together as a team. It requires participants to go in the order assigned, to listen, and to problem-solve to complete the activity in the fastest time possible. Have a timer available in order to time the activity.

Facilitator Tech Note:

- 1 Switch to Gallery View to see all the participants displayed at once, if you haven't already done so.
- 2 Click the Chat button at the bottom of your Zoom window.

Part 1:

1 Say,

- Does everyone remember your first and last name? (Get agreement.)
- We are now going to participate in a group challenge called Name Warp Speed.

- We will begin by establishing our pattern. To do so, I will say my first and last name, then I will pass the turn to someone who will go next. That person will know I passed it to them, because I will say their first name only.
  - Once it's the next person's turn, they will say their first and last name, then say the first name of the person to whom they wish to pass the turn.
  - It is very important that you remember who passes it to you and whom you pass it.
- 2 Give participants an opportunity to establish the pattern. There will most likely be some confusion; normalize it. Encourage the laughter and bonding. Keep the process going until everyone is part of the pattern and someone has said your first name, passing the turn back to you.
  - 3 Once the pattern is established, double check that everyone is on the same page by *speaking each of their names* in the pattern order and having the group confirm.
  - 4 Now do a practice run where each person *only* says their first and last name as fast as they can to ensure everyone is on the same page. Celebrate with a round of applause.

#### Part 2:

- 1 Now is when the time challenge begins. Ask the group to guess how quickly they can make it through the pattern of names without overlapping. Answers will range from one minute to five seconds. Pick a time somewhere in the middle. Say the time out loud.
- 2 Ask for someone in the middle of the pattern to volunteer as your time keeper. The time keeper will start and stop the clock on your signal. Instruct them to keep the time a secret from the group, but to share it with you in a private chat message. This allows you to control the element of surprise and to choose when you want to reveal the results.
- 3 The group will usually beat their first chosen time. Celebrate the victory. Then challenge them to beat their score even by one second.

#### Part 3:

- 1 Before entering the next round, encourage them to brainstorm ways to improve. For example, you can ask, "What are we doing well?" to highlight their strengths.
- 2 Then ask for one to three strategies for how they can improve before going into the next round. Try to hear from everyone who wants to share an idea, then choose together which one to try, and so on.
- 3 Confirm the strategies, plus the new time challenge and begin the next round.
- 4 Hopefully they will show improvement. Either way, take a moment to reflect on what they're doing well and what they would like to improve.
- 5 Continue the process until they have reached the lowest time possible. One option is to have everyone say their name together at the same time – which will bring your time down to one to two seconds. Reserve that option for the final round to promote team building and creativity along the way.
- 6 Even if groups have not fully completed the exercise, stop the activity after 20 minutes. Celebrate and bring the activity to a close.

#### Debrief: (5 minutes)

- What happened in this exercise? What sort of reactions did we have? What did you notice happening? How did our team handle the challenge?
- Which parts were challenging? What did the activity tell us about working together?
- How is this experience similar to other experiences in your lives?

## YOU ARE FAMOUS

### Facilitator Tech Note:

- 1 Switch to Gallery View to see all the participants displayed at once, if you haven't already done so.
- 2 Have your music ready to share on your preferred music platform or service (iTunes, Spotify, Pandora, etc.)
- 3 Click the Share Screen button at the bottom of your Zoom window. A smaller window will pop up with three tabs at the top "Basic," "Advanced," and "Files."
- 4 Under the "Advanced" tab select the "Music or Computer Sound Only" option.
- 5 Then, click the "Share" button at the bottom right of your screen. A small bar will appear at the top of your Zoom window stating, "You are sharing computer sound."
- 6 When you are done with the activity, press "Stop Share."

In the "You are Famous" warm-up activity participants ask questions in order to identify the hidden profession assigned to others. It requires participants to go in the order assigned at the beginning of the circle asking each other questions that can only be answered with a "Yes" or "No."

Tell participants that you will use Chat to privately send each of them a famous profession that they will represent. Let the participant know that they need to keep the profession to themselves.

- 1 Send one of the following famous professions to each of the participants. If there are more participants than professions, add some professions or assign a profession to more than one participant.

<i>Football Star</i>	<i>Doctor</i>	<i>Ballerina</i>	<i>Chef</i>
<i>Astronaut</i>	<i>Famous Rapper</i>	<i>Scientist</i>	
<i>Rock Star</i>	<i>Banker</i>	<i>Teacher</i>	

- 2 Say,
  - Following the listed order, you will ask one question of each of the other participants, one at a time.
  - You can only ask questions that can be answered with a "Yes" or "No."
  - All together, you will have a total of ten minutes to ask questions.
  - When you hear the music playing in the background, the first person can begin asking questions. When the music stops, we will stop asking the questions. Ready? Begin!
- 3 Share the music.
- 4 When everyone has finished asking questions, share the Whiteboard with each participant's name listed.
- 5 Going in the assigned order, have each participant state what profession they believe each individual represents.
- 6 Write the profession next to the individual's name on the Whiteboard.
- 7 After everyone has responded, have each person state the profession they were assigned. Then, ask,
  - How was that?
  - What was your favorite/least favorite part of this activity?
  - What are the dominant narratives about these types of occupations, including gender, race, age, etc., that society promotes? Why?
- 8 Celebrate with a round of applause and thank them for participating in the warm-up activity.

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## WORD PLAY – FREE ASSOCIATION<sup>1</sup>

Playing with words is a good way to warm up a group. Have available the writing prompts, and use the Whiteboard via Screen Share or the Chat function to share them. Share a prompt using the tools indicated. Start with one prompt, then as the participants start writing, add another, then another, and so on. Create your own or use a few of the following:

- Define love...
- Weird is...
- Normal is...
- I feel frustrated when...
- Five things I want to do with my life are...
- If I could trade lives with someone, I would be \_\_\_\_\_ because...
- One food I would never give up is...
- Ten things I expect in a good friend are...
- Five of my best ideas are...

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## THING STORY<sup>2</sup>

In this game, participants create one tale, bit by bit, incorporating an object they pull out from a bag, or receive from the facilitator via private Chat.

- 1 Make a list of everyday items anyone might find around their home.
- 2 Using Gallery View, tell the participants they will make a story as a group.
- 3 Tell them you will privately chat each person the name of an object, and that their task will be to use that object in the story that makes its way around the group.
- 4 Chat each person their object (candle, mug, cell phone, etc.).
- 5 Ask for a volunteer to begin, who will start a story incorporating their assigned object. After 20 seconds, the next person in the established order continues the story for 20 seconds, including their object in it; and then the next person in order, and so on until each has had a turn telling their part of the story and incorporating their object.

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## TEETH-TEETH!

Go around the circle or in the established order and have each person choose a favorite fruit or vegetable that they will claim for this activity. Next, one at a time, have the first person state their own fruit or vegetable twice, followed by the fruit or vegetable of the person to whom they want to pass the turn; “Mango, mango, carrot, carrot.” Then, the next speaker begins with “Carrot, carrot” and then the name of the fruit or vegetable of the next person. *But*, the everyone in the game must cover their lips and not allow their teeth to show at any time. If someone’s teeth show, anyone can call them out by saying “Teeth, teeth!” while flapping their arms like wings! *If* a person is called out for their teeth showing, they must stand and flap their wings for the remainder of the game. Tell the group that they must be sure to get around to every fruit or vegetable that was claimed. (The purpose of this warm-up is laughter.)

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1 Word Play adapted from Shelley Klammer, Counseling Therapist and Expressive Arts Educator <https://www.expressiveartworkshops.com/how-to-start-your-own-art-program/spontaneous-art-therapy-activities-for-teens/>

2 Concept retrieved from Mom Junction, “Object Story”, [https://www.momjunction.com/articles/icebreaker-games-and-activities-for-teens\\_00388853/](https://www.momjunction.com/articles/icebreaker-games-and-activities-for-teens_00388853/)

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## IF I WERE MAROONED ON A DESERT ISLAND

- 1 Say,
  - We are going to start with a warm-up activity. I have listed all our names in the chat in the established order. I am going to ask you a question to think about, and then we will each share our answers with the group.
- 2 Give people a minute or two to think about this question:
  - If you were marooned on a deserted island, which three people would you want with you? They can be dead, alive, or imaginary. Ask participants to say their first name and share their choices with the group. Start with yourself so they have an example.
    - > Example: *Hi, my name is Doreen. If I were marooned on a deserted island, I would want someone from the show Alaska Frontier with me because they know how to live off the grid. They would know how to make a shelter and find food. My second choice would be Sue from Below Zero, because she knows how to make medicinal healing tools from plants and herbs. My third would be my father who is the wisest man I know.*
- 3 Give each person an opportunity to share their responses.

### Debrief:

- Ask if there were any surprises and if anybody has a question for another participant.

Note to Facilitator: You will have listened carefully to the introductions. If somebody has chosen a person related in any way to your topic, use that person to transition to your theme introduction or activity.

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## SCAVENGER HUNT

- 1 Write or type items:  
*Pen      Cell phone      Sock      Cup      Red crayon*  
*Book      Ring      Quarter      Pair of glasses*
- 2 Say:
  - We are going to start with a warm-up activity. Who has participated in a scavenger hunt?
- 3 Say,
  - The warm-up will involve working individually to collect a list of items. I'm going to write a list of items for you to find either in this room or in your home.
  - When I say go you will go around and find the items listed.
  - Whoever collects all the items first wins.
  - Is everyone ready?
  - You will have 10 minutes to find the items and return to the circle, so watch your time.
- 4 Bring everyone back to the circle and celebrate who collected all the items first.