



**Enabling you to be your best self at work and at home by
leveraging the power of play**

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The Work Play Balance Playbook is designed to leverage the power of play to engage adults (with or without kids) at home. Playworks aims to keep our community moving and playing at a time when it is needed most—like during the COVID-19 pandemic—and beyond. You'll quickly learn to play lively virtual group games that foster collaboration and teamwork—skills as vital for children as they are for adults. Our strategic approach to employer-supported engagement integrates play into a workplace culture, improving team collaboration and morale as employees participate in healthy activities and feel a sense of connectivity while working and playing at home.

Whether you are working from home for the first time and are trying to connect with colleagues, find yourself balancing how to work from home with kids for the first time, or are just trying to feel connected in these uncertain times, Playworks can help. For over 24 years, we've been helping kids play on the playground and helping adults get into the game. From hosting corporate recesses to play days, we are the leading expert in getting adults to break down barriers and come together via play. In response to the increase in people working from home due to COVID-19, we're bringing our best tips, tricks, tools, and games to you as you work from home, regardless of where your home might be.

Within the Playbook, you will find:

- Icebreakers and check in questions to kick off any virtual team meeting
- Minute movers to get up a stretch during your business day
- Games you can play remotely with your teams
- Tips for remote working with kids and resources to keep kids engaged

We hope you can find some joy through the power of play while staying connected to colleagues and kids while you balance working and playing at home.

In solidarity,
The Playworks Team

PS. Do you love what you see? Consider donating now at playworks.org/donate so we can impact more people nationwide through the power of play. Would you like support with leveraging the power of play within your workplace? Inquire about bringing a Playworks Virtual Corporate Recess to your company today.

Check-in Questions

At the beginning of every meeting, spend a few minutes to build support and get to know your teammates.

Take time for each person to go around the group and answer a question to help everyone get to know each other. These should be questions not directly tied to the job. If it is a large group and time is limited, you can ask questions that require short or one word answers. It is important to create a safe place for team members to share and communicate if they would like to “step back” from sharing and simply be an active listener during the activity; and not share their answer. After introducing the check-in question, be sure to introduce these options (to answer or step back) to ensure everyone feels included to participate at all levels of participation. Leave 5-10 minutes to discuss your answers per meeting.



Working with kids? Invite them to answer! Here are some examples (and you can make up many more):

The **Thumb Meter** is a great way to check in on your team’s mental health.

- Check in on the mental health of your employees. Ask everyone to show their thumbs to a video camera or send a picture of how they are feeling right now from thumbs up to thumbs down.
- Tell everyone that it is ok to feel as they are and it is important to recognize their feelings. People don’t need to explain their feelings. The important thing is that by showing each other where each person is at, people can come into the day or meeting with more empathy.
- Working from home with kids? Ask them for their thumb meters too!

General

1. How would you describe your day as a weather report?
2. Flashback to your 2nd grade self, what did you want to be when you grew up?
3. If I went looking for you at recess in 2nd grade, what would you be doing?
4. If you could have any kind of pet, what would you choose?
5. What would you title your autobiography?

6. If you could choose, which superpower would you like to have?
7. Who is one person you would love to have dinner with (past, present, or fictional)?
8. If you woke up with a million dollars, what would be the first thing you'd do?
9. If you had a time machine, where (when?) would you go first?
10. What was your greatest accomplishment in a hobby or activity that interests you?
11. What do you consider the most valuable thing you own?
12. If you were to perform in the circus, what would you do?

Keeping it simple

13. What was your favorite TV show when you were 10?
14. What's your favorite restaurant?
15. What's your favorite movie?
16. What's your favorite book?
17. What's your favorite singer/band?
18. What's your favorite TV show?
19. What is your favorite thing to drink?
20. What is your favorite sports team?
21. What's your favorite sport to play?
22. What is your favorite season and why?
23. What is your favorite comfort food?
24. What is your favorite holiday?

Music

25. What was the last song you listened to and enjoyed?
26. What is the first concert you attended?
27. What is a song you love to sing out loud?
28. What is your favorite song to dance to at a wedding, group gathering, or at home?
29. What song would you use to describe your mood?
30. If you were a professional baseball player, what would be your walk up song?
31. What is your go-to karaoke song to sing?
32. What song would you pick to have a dance-off to?

Travel

33. If you won a round-trip ticket to anywhere in the world, where would you go?
34. If you could have lived in one other location around the world as a child, where would you live?

35. When packing for a trip, what is the one thing you pack first?
36. What is your earliest memory of travel? Where did you go?
37. Describe your perfect vacation.
38. If you could go on a vacation with anyone in the world, who would you go with and where would you?
39. If you were stranded on an island by yourself, what are 3 things that you would bring?
40. If you could follow one singer or band around the world on tour, who would it be and where would you want to see them perform?

Ice breakers:

Icebreakers are an effective and fun way to quickly build community among coworkers by building rapport and connection and creating a space where everyone feels valued and included. When working from home, we lose a lot of social interaction and connection with our colleagues simply because those moments are no longer happening organically with a shared office/working space. Playworks' Icebreaker games can be used at your next virtual team meeting for learning names and personality types, discovering common interests with other coworkers, and most importantly, an opportunity to have fun and relieve stress.

Playworks Tips and Tricks for Setting Up Your Virtual Icebreaker Games

1. Add Icebreakers to your virtual meeting agenda or outline. Allow 5-15 minutes depending on the group size
2. Prepare beforehand:
 - a. What Icebreaker game are you going to utilize?
 - b. What supporting items do you need (i.e. virtual whiteboard, 3rd party application, etc) for that game?
 - c. Communicate with teammates if they need to prepare certain things (ex. Show and Tell, preview the game a day before so teammates can prepare)

Tour Guide

- Take your teammates on a Tour of your "Work From Home" space!
- Allow each team member 1-2 minutes to give a virtual tour of their space/immediate surroundings to the whole group

Picture Charades

- Unlike regular charades, team members will use images to explain a famous movie, book, etc
- Decide if team members can choose their own topic or if they have to pick something from a topic you've given (i.e. movie)
- Set a limit on the number of images depending on how challenging you want it to be (3 to 5 is a good standard)
- Explain that there is no talking when presenting your images and the images cannot be directly from the movie or book
- Fun variation: Use emojis only rather than images

Show & Tell

- Designate a day and notify each member of your team to bring one item to your next virtual meeting.
- Allow 1-minute for each team member to share about the significance and meaning of this item.

Zen Counting

- Have the group count from one to ten. The larger the group, the harder this is and the longer it can take.
- Start by giving them instructions and letting them ask questions, but don't allow them to plan any strategy (e.g. there should be no designated order).
- Only one person can talk at a time; if two people speak at once, the group must start over.
- No one person can say two consecutive numbers and no gestures are allowed.

Phrase Game

- After each person comes up with a phrase that represents themselves, go around the group taking turns sharing this phrase.
- Next, one person starts by saying "My phrase is ... !" and then says another person's phrase by saying "Jim's phrase is ... !"
- Without hesitation, Jim must say "My phrase is ... !" and then continue this by saying another person's phrase such as "Dwight's phrase is ... !"
- If anyone hesitates on saying their own phrase and another person's phrase incorrectly, that person is out.

Commonality Competition

- Form pairs or small groups and set a timer for anywhere between 2-3 minutes.
- When the timer starts, all teams will attempt to come up with as many commonalities as possible such as hobbies, movie/TV interests, favorite sports teams, birth month, previous jobs, etc.
 - You can set up breakout rooms in conferencing services like Zoom or call each other individually.
- After time expires, teams will share the commonalities they found.
- The team with the most shared commonalities wins.

Two Truths, One Lie

- In a group, each person will first come up with a list of three facts about themselves, with 2 of them being true, and 1 of them being false.
- Each person should take turns sharing their 3 statements with the group, and the rest of the members will try to guess which one is false.
- It works best if all three statements are believable to make it difficult for the group to guess.

Rhyme or Reason

- Select an order for the game. The first person starts the game by saying any one word.
- The next person in order must say a word that either rhymes with this word, or is related to this word (example: if the word “ball” is said, the next person can say “bounce”, “round”, “throw”, “tall”, “fall”, etc.).
- If somebody hesitates, repeats a word from that round, says more than one word, says a word not related, or says a word that does not rhyme then they are out.
- The game is supposed to move quickly so the next person only has a second or two to say the next word.
- It is up to the collective group to determine if a word is related or not.
- The last person remaining wins.

Charades Relay

- The basic rules of charades apply.
- Form digital groups and come up with a list of about 20 things to be acted out (make sure to identify the subject(s) as well).
- Once a word/phrase is guessed, quickly move onto the next one. Use a moderator to hand out words/phrases after each one is guessed.
- The first team to successfully act and guess every word/phrase wins.
- If you need some inspiration, some subject examples are Fast Food Items, Electrical Appliances, Superheroes, and Sports Teams.

Games and Movement

It is time to get active! We've outlined some of our favorite games below and explain the equipment needed, setup time required and how to set the game up, what to know/do before you start, and information about how to play the game.

Trashcan Trivia Basketball

Equipment Needs: 3 wastebaskets, tossable objects

Before You Start:

- Have the meeting facilitator prepare a list of work-related or general trivia questions.
- Have each person working from home set up a wastebasket with three designated shooting distances (3 point range, 2 point range, 1 point range). Agree with the group what number of points you are playing the game to (ex. 11).

How To Play:

- Ask work-related or general trivia questions, and anyone who answers first gets a chance to shoot a tossable object like crumpled paper or a stress ball into the wastebasket from one of the three distances.
- The first person to a certain number of points wins.
- Working from home with kids? Let each kid in the household take a shot too for bonus points counted separately. Give all the kids a cheer at the end of the game!

20 Questions

Equipment Needs: None

Before You Start:

- Select one person in the group thinks of an item and does not tell anybody.

How To Play:

- The rest of the group gets 20 Yes or No questions to ask this person to help them figure out the item.
- Example questions are, "Is it larger than a microwave?", "Is it commonly found in a home?", "Is it expensive?", etc.
- Guesses do not count as questions. Make sure to think of a good item!

Password

Equipment Needs: None

Before You Start:

- Break out into teams of two virtually. One person is designated as the guesser, and one as the clue-giver.

How To Play:

- The objective is for the clue-giver to get their teammate to guess the “password” given just one-word clues related to this “password.”
- One clue-giver comes up with a “password” and tells all of the other clue-givers playing.
- Starting with the person who came up with the “password,” the first time a one-word clue is given to his or her teammate, the guesser can try to guess the password for 10 points.
- If wrong, the next team gets to try for 9 points, and so on.
- The round ends when the “password” is guessed or there are 10 incorrect guesses, and the game ends when one team reaches 25 points (can be more or less).

Paper Airplane Flying Competition

Equipment Needs: 1 paper, measuring tape, potential design tools (markers, etc)

Before You Start:

- Determine competition style: individual or by teams.
- This challenge can also be done tournament style with head-to-head matchups until a winner is decided.
- Style points and creativity can count for something as well.

How To Play:

- Give the team or individual 2 minutes to design and develop their paper airplane.
- Then, as simple as the name sounds, the person/team’s paper airplane that flies the farthest wins.
- Can’t play all at once? Share an office spreadsheet and ask for everyone to measure the distance of their furthest fly (up to three runs each), and celebrate the winners once everyone has entered their distances. Make sure to be using the same measurements (inches/centimeters).
- Working at home with kids? Invite them to make a paper airplane and join the competition!

Household Scavenger Hunt

Equipment Needs: None

Before You Start:

- The meeting facilitator must compile a list of items that can be found in most households and determine the timing of the scavenger hunt (ex. 3-minutes).

- Share timing with all team members, then share the list of items.

How To Play:

- Once the scavenger hunt begins, team members race to complete the list. The group can decide if the list is completed individually or if the group breaks into pairs and splits the list as they see fit.
- If possible, have the group take pictures of themselves with each item and send them to the group (example: take a selfie with a coffee mug, soap, etc.)
- The first team or individual to complete the entire list wins, and each team will be left with some memorable photos.
- Working from home with kids? Invite kids to help you search for the items and star in the photos!

Work Play Balance with Kids



At Playworks, we believe play is essential for supporting the development of social and emotional learning (SEL) skills. Games have always helped children practice the life skills they need to thrive. Playworks' evidence-based programs have been proven to get kids moving, while reinforcing social-emotional skills like cooperation, self-management, and conflict resolution. Now more than ever, these skills are essential to helping kids across the country combat stress and anxiety and successfully navigate the uncertainty and change associated with the COVID-19 crisis.

The SEL skills we chose for each game are informed by both well-known SEL frameworks and the on-the-ground impact we see at schools around the country. For each game, we provide a kid-friendly way to breakdown a skill, as well as prompts to debrief the game and skill after you play.

The games in this guide can be played anywhere but we have assembled them with families and home environments in mind. In these settings, the challenge is not just to introduce games kids

will love, but also to ensure children can share space safely and with respect whether in the living room or in the backyard.

Making playtime run smoothly often starts with game rules that prevent conflict and unsafe behaviors, while still keeping it fun. Shared norms for how to play safely, how to resolve small disagreements, and who can join in (everyone) also go a long way. The games in this guide require little to no equipment, can be played with one child or siblings, and can be led by families, caring adults, and peers. For your safety and enjoyment, we have provided modifications for social distancing in each game, tips on how to set up your space before you play, and additional challenges and accommodations to try on.

Decision-Making: The ability to make **constructive and respectful choices** about personal behavior and social interactions based on consideration of ethical standards, safety concerns, social norms, the realistic evaluation of consequences of various actions, and the well-being of self and others.

Positive Relationships: The ability to establish and maintain **healthy and rewarding relationships** with diverse individuals and groups. Includes communicating clearly, cooperating, negotiating conflict constructively, and seeking and offering help when needed.

Problem-Solving: The ability to plan, strategize, and implement complex tasks. Includes generating alternative solutions, anticipating consequences, overcoming roadblocks with ease and knowing when to ask for help.

Self-Management: The ability to **regulate one's emotions, thoughts, and behaviors** effectively in different situations. This includes managing stress, controlling impulses, motivating oneself, and setting and working toward achieving personal and academic goals.

Social Awareness/Empathy: The ability to take the perspective of and **empathize** with others from diverse backgrounds and cultures, to **understand social and ethical norms** for behavior, and to recognize family, school, and community resources and supports.

Teamwork: The ability to collaborate and coordinate actions with others. Includes building group cohesion and trust.

Blizzard

Number of People To Play: 1-10

Best for Ages: 5+

Equipment Needs: 1 piece of paper

Setup/Teaching Time: 1-2 minutes

Social and Emotional Competency(ies): Positive Relationships (Problem-Solving, Teamwork)

Before You Start

- Find an open space large enough for the group to stand in a circle. Move furniture to clear a large play space as you are able.
- Review SEL competencies:
 - Problem-Solving: in challenging situations, try new ideas and communicate with others in order to be successful. Be ready to ask for help
 - Teamwork: Communicate with, trust and support others to reach a goal

Set Up

- Take the piece of paper and create small rectangles (about 2 inches wide by ½ inches tall). You can rip the paper or cut it with scissors. These rectangles will be the “snowflakes.”
- Stand with the group in a circle in the middle of the designated open space.

How to Play

- For the first round, choose someone to hold one of the “snowflakes.” When everyone is ready, throw the “snowflake” as high as you can into the air.
- As the “snowflake” floats down, work together with your team to catch it before it hits the ground.
- If you are able to catch it before it hits the ground, you move up to the next level! To move to the next round, everyone shouts “Just One More!” Add one more “snowflake”--this will be thrown with the first “snowflake.”
- During the second level, you must catch BOTH “snowflakes” to move up, during the third level you must catch ALL three to move up, the fourth you must catch ALL four... and so on.
- If at any time you throw the “snowflakes” into the air and the team is unable to catch ALL the “snowflakes,” that’s alright! Try that level again using the same number of “snowflakes.”
- Keep playing and get creative with how you work together to catch them all!

Game Debriefs

- How did you overcome challenges, or solve problems, as a team to reach your goal?
- How did you support and build trust with your team in this game?
- How can you show Teamwork this week at home?

At-Home Accommodations

- Try dropping them all from a higher spot for everyone below you to catch. Make sure you consider safety when choosing a higher spot to drop “snowflakes” from!

Modifications for Social Distancing

- Play with your own set of “snowflakes” or on a team of 2 and compete to see who can catch the most.

Challenge Ideas

- How many “snowflakes” can your group work up to?
- How many can you catch without using your hands?

Game Variations

- Play in smaller groups, with a partner, or on your own.
- Cut paper into decorative “snowflakes” to use! Make this an activity before the game.

Huckle Buckle Beanstalk

Number of people to play: 3+

Best for Ages: 5+

Equipment Needs: A small unique object to hide (beanbag, marker, etc.)

Setup/Teaching Time: 5 minutes

Social and Emotional Competency(ies): Self-management (Integrity/Resilience)

Before You Start

- Remind everyone to be fair and honest during the game - especially when the object is being hidden.
- Remind the person hiding the object to remember where they put it.
- Review the SEL competency(ies):
 - Integrity: Be fair and honest and do the right thing, even when no one is watching you
 - Resilience: Shake off your mistake/loss, and get ready to try again!

Set Up

- Decide on a starting area for each round. This could be a spot in the room such as a couch or your desk. This is where everyone will stand while the object is being hidden.
- Choose one person to hide the object first.

How to Play

- To begin, have everyone in the starting area put their heads down and close their eyes.
- One person will take the object and hide it in plain sight somewhere in the room. The seekers shouldn't need to touch, rearrange, or open anything in the room to find the object.
- Once the object is hidden the hider can return to the starting area and let everyone know they can begin searching.
- The goal of the game is to find the hidden object as fast as you can and keep it a secret from other players.
- When you find the object, don't give away its location - don't point at or pick up the object. Simply make your way back to the starting area. Once you are back at the starting area, say "Huckle Buckle Beanstalk!"
- Keep playing until everyone has found the object. Then, choose someone new to hide the object. Make sure everyone gets a chance to hide it.

Game Debriefs

- How did you do to "shake it off" and get yourself ready to try again when you were not successful in finding the item?
- What did you do to show self-control and keep the object's location a secret?
- How can you show self-management at home today?

At-Home Accommodations

- Play in a specific room or throughout the house.

Challenge Ideas

- Can you hide your object in a spot no one can find?
- How quickly can you find the object?

Game Variations

- Allow the object to be hidden out of plain sight - in a box, under a pile of clothes, etc.
- Have multiple people hide an object then race to see who can find someone else's object first

Land, Sea, Air

Number of People to Play: Any Size

Best for Ages: 5+

Equipment Needs: None

Setup/Teaching Time: 2 minutes

Social and Emotional Competency(ies): Self-Management (Active Listening/Resilience)

Before You Start

- Identify the boundaries and play space. Make sure all players know where the boundaries are!
- Review the importance of awareness and honesty.
- You will need a line--this can be a chalk or tape line, a crack in the pavement, the edge of a carpet, or each person can have a post-it note on the floor! Have all players stand with both feet together and their toes behind the line.
- Explain and demonstrate the rules of play.
- Do a practice round so that all players understand the commands and where their feet must go.
- Review SEL Competencies:
 - Active Listening: Use your ears, eyes and body to listen to and follow directions
 - Resilience: Shake off your mistake/loss, and get ready to try again!

Set Up

- One line on the ground that can fit all players shoulder to shoulder with elbow room.

How to Play

- One leader will call out commands—"land," "sea," or "air."
 - Air: When the leader says, "air," players must jump into the air and land in the same place they started.
 - Land: When the leader says, "land," players must place their toes behind the line. If they are already behind the line, they must not move their feet. If they are in front of the line, they must jump backward with both feet landing behind the line.
 - Sea: When the leader says, "sea," players must place their feet entirely in front of the line. If they are already in front of the line, they must not move their feet. If they are behind the line, they must jump forward with both feet landing entirely in front of the line.
- Players should always remain facing forward.
- Players' feet should always remain together.
- If players make a mistake, they must run to a pre-identified location—such as another line—and touch it before returning to the game.

Game Debrief

- How did you do to "shake it off" and get yourself ready to try again when you were not successful?
- What does it mean to be an "active listener"? Why is it important to be an "active listener"? When do you need to be an active listener at home?

Modifications for social distancing

- Players should stand 2 arms lengths apart

Game Variations

- If players make a mistake, have them move backward to a line behind them.
- Play elimination style so that if players make a mistake, they must step out until only one player remains.
- Use various other calls for different movements, based on the age and ability of the players, such as:
 - Bridge—one foot in the sea, one foot on the land.
 - Pirate—standing/jumping on one foot until the leader calls, “argh!”
 - Tornado—spin in a circle one time.
- Tell a story and have them listen for the key words in your story! For example, you could tell a story about a walk on the beach and incorporate “land,” “sea,” and “air” into your story.

Night at the Museum

Number of People to Play: 2 or more

Best for Ages: 5+

Equipment Needs None / optional: object for the janitor to hold (cone, marker, anything they can pretend is a flashlight).

Setup/Teaching Time: 2 Minutes

Social and Emotional Competency(ies): Self-management (self-control/integrity)

Before You Start

- Identify the boundaries and any safety concerns in the play area. Move furniture to clear a large play space as you are able.
- Talk to players about what statues do: Do they move? Do they touch each other? Do they make a lot of noise? But we all know they come alive and move around the museum at night, right?
- Remind players to be safe and be aware of objects and other players around them. We want to ensure players do not run into each other.
- Have players practice appropriate statue poses.
- Review the SEL Competencies:
 - Self-control: be in control of your actions and decision, even when it is difficult
 - Integrity: Be fair and honest and do the right thing, even when no one is watching you

Set Up

- Make sure the space is clear of obstacles and there are boundaries for where you will be playing
- Designate an area where players will go to do jumping jacks or other tasks when they get caught moving by the Janitor.

How to Play

- One person is chosen to be the Janitor.
- All other players are statues, and they can't let the Janitor catch them moving.
- The Janitor closes their eyes and gives the statues 10 seconds to move around the room and freeze in a statue pose.
 - Blinking, breathing, and sneezing do not count as moving!
- The Janitor will move slowly around the room, pointing their flashlight at the statues. If they shine the flashlight on a player and that player moves/laughs/etc., they will have to go to the designated area and do 5 jumping jacks (or complete a predetermined task) to get back into the game.
- Once there is only one player left, restart the game with that player as the new Janitor!

Game Debriefs

- What did success look like in this game?
- How did you manage disappointment/stress when you were caught moving?
- What did you do to show self-control in this game?
- How can you show self-control at home today?

At-Home Accommodations

- If playing this indoors, encourage players to be sneaky when they're moving around. You do not want the Janitor to hear you moving!

Modifications for Social Distancing

- Instead of using a shared object as a "flashlight" to point in a certain direction, focus on eye contact between the Janitor and the statues to catch them moving.

Challenge Ideas

- For older students, this game can be combined with other games - such as silent ball - for an added challenge.

Game Variations

- Players that have been spotted moving become Security Cameras! Security Cameras should have a designated place to stand (for example, along the wall). They help the Janitor by pointing silently when they see a statue move. The Janitor can look at the Security Camera to see where they are pointing!

- Use different themes for Museums! For example, if you are in a “Dance Museum,” players try to dance behind the Janitor’s back and freeze in dance poses. Other themes: Space, History, Dinosaur, Magic, Animal, or a favorite movie!

Rock, Paper, Scissors Stretch

Number of People to Play: 2

Best for Ages: 6+

Equipment Needs: None Setup/Teaching Time: 3 minutes

Social and Emotional Competency(ies): Problem-solving

Before You Start

- Make sure everyone knows how to play Rock, Paper, Scissors!
 - Rock: make a fist with your hand. This is more successful than Scissors.
 - Paper: hold your hand out flat. This is more successful than Rock.
 - Scissors: make a scissor shape with your first two fingers. This is more successful than Paper.
 - To play, chant “Rock Paper Scissors Go!” while gently placing a closed fist on your open palm. On “Go,” reveal your choice of Rock, Paper, or Scissors.
- Review the SEL competency:
 - Problem-solving: to resolve a conflict or make a final decision in a peaceful, respectful way. Today, we will use Rock, Paper, Scissors as a way to help us make decisions and resolve conflicts respectfully.

Set Up

- Identify an open space where both participants will have room to stretch out their legs.

How to Play

- The goal of the game is to stay balanced without falling over. Try to stay balanced longer than your partner!
- Start out by facing your partner. Play a game of Rock Paper Scissors.
- Each time you win a game of Rock Paper Scissors stay where you are--you don’t need to move your feet!
- Each time you lose a game of rock paper scissors stretch out by one foot length.
 - One way to do this is to simply take a step back with your back foot, keeping your front foot in the same spot. Each time you lose a game, your back foot goes further back and your front foot stays in the same place!
 - To more precisely stretch out the same distance each time try this: swing your front foot behind your back foot and touch your toe to your heel. Leave that foot there and slide your new front foot up to your partner’s toes.

- Keep playing Rock Paper Scissors and stretching out after each round! The game goes until someone falls over, holds onto something for balance or can't stretch any further.

Game Debriefs

- What do we do to determine who stays still and who moves their feet?
- How can rock, paper, scissors help us solve conflicts and make decisions at home?

At-Home Accommodations

- Consider moving furniture to make sure each partner has enough space to stretch.

Modifications for Social Distancing

- Players should stand 2 arms lengths apart

Challenge Ideas

- How far can you stretch?
- Can you play a perfect game without ever having to stretch out?

Game Variations

- Play with 3 people at once. Stretch out for each person who beats you in Rock Paper Scissors. For example, if two people play paper and one plays Rock, the person who played Rock would take two steps back!

 **PLAYWORKS**

Virtual Corporate Recess

Remote work can increase individual stress because of minimal socializing, longer work hours, and unnoticed signs of stress from managers and co-workers. And with over 90 million kids out of school, parents are looking for opportunities to engage their children in their company's team building activities.

Are you looking to help your team work better together while apart and boost morale? Consider Playworks Virtual Corporate Recess, an active team-building workshop designed to help your team reach company goals like building rapport, developing executive function, managing stress, and increasing physical wellness through the power of play.

Interested in learning more? Email info@playworks.org