



TEAM BUILDING ACTIVITY  
RESOURCE



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Thank you to GHH members for  
their contributions





Preferred delivery: In-person

### **“New friends”**

With mini whiteboards, pair graduates and provide them with a number of topics to discuss to get to know each other.

When ready, ask a series of questions that graduates need to answer on their partner’s behalf. This is where they use the whiteboards (to write their answers on and reveal them).

See how well they know each other!

Credit: Hannah S

Preferred delivery: Virtual or In-person

### **“Secret’s out”**

A quick and easy one to find out something different about your participants.

Ask them to share something about themselves that you wouldn’t find on their CV’s.

You will find out some amazing things about them!

Credit: Rachel G

Preferred delivery: In-person

### **“Human Bingo”**

Create bingo cards for your cohort. You can include things like, same floor, pets, food preferences, name starting with same letter etc. Make them up, but make them things that it is likely that someone else will have the same as them. You can also include a ‘Free’ box for anything that they have in common with another person.

Everyone gets up and moves around the room and completes the card until someone yells BINGO. Have a prize for the winner.

Credit: Samantha S & Alyssa M



Preferred delivery: In-person

### **“Would you rather....”**

Ask a series of questions with two answer options. Grads move from one side of the room to the other based on which answer they prefer. For example, would you rather visit the country or the beach? Would you prefer to speak every language, or speak to animals?

Fun way to find out who has things in common.

Credit: Samantha S

Preferred delivery: Virtual or In-person

### **“Two truths and a lie”**

Ask each of your graduates to come up with 3 statements, of which two are true and one is a lie. Other participants need to guess which is the lie.

In-person, you can do this in smaller groups.

Virtually, you can use an online voting/polling functionality.

Credit: Alex K

Preferred delivery: Virtual or In-person

### **“Personality profiling”**

You can relate this to your business (if it works), or you can make up something for your graduates to select from and they have to explain why they relate to it. For example, ‘if you could be any Mars product what you be and why?’.

Credit: Alex K



Preferred delivery: In-person

### **"Roving Reporter"**

Create fun questions that participants rove around the room asking each other.

Credit: Aimee F

Preferred delivery: Virtual or In-person

### **"Trivia"**

Create a Kahoot (or similar) trivia game based on facts about your business.

Credit: Aimee F

Preferred delivery: In-person

### **"Paper Planes"**

On a piece of paper, each participant writes their name and two 'get to know me' questions. They then fold this into a paper plane. Everyone throws their plane until all mixed together.

Each participant picks up a plane (not their own), finds the owner and asks them the questions. After everyone has spoken to each other, you could even ask a few people to share what they learnt about someone else that they found interesting.

Credit: Liz L

Preferred delivery: Virtual

### **"Mindset Shift"**

As either an opening or closing to a virtual session, ask them to post in the chat function an answer to a question like "What is something you are grateful for today?", or "What were you doing when you last laughed really hard?".

Credit: Kelly P



Preferred delivery: Virtual

### **“Show and tell”**

Each participant is asked to bring to the virtual meeting an object/item that tells a story about them, or related to your business etc.

Ask random participants to share with the group.

Credit: Heather J

Preferred delivery: In-person

### **“Line-up”**

Ask each participant to line up in order without talking. For example, line up in order of birth months, or alphabetically by first name etc.).

When in line, you can ask them to pair up and discuss a topic.

Credit: Kate M

Preferred delivery: Virtual or In-person

### **“Stress Ball”**

Each participant needs 3 balloons, a funnel (or something to make a funnel) and ½ cup of rice/sand/sugar/cornflour (something to make the stress ball with). For virtual you can send them the balloons and ask them to source the other items at home.

Google instructions on how to make stress ball (or YouTube). If virtual, have camera's on to watch the fun!

Credit: Megan H