



# Team Building Activity

## *Beach Ball Toss*

**Focus Area:** Physical Activity/Well-being

**Description:** Employees will learn more about each other by answering questions.

**Length of Activity:** The length of this activity can be adjusted to meet your needs. Keep tossing the ball and answering questions as time permits.

**In-person or Virtual:** Best conducted in-person, but virtual option available.

**Materials Needed:**

1. Beach ball
2. Marker (to write questions on the beach ball)

**Directions (in-person):**

1. Take a beach ball and write a question on each colored panel with a marker.
2. Employees will take turns tossing the beach ball.
3. The person who catches it must answer the question on the panel that their left thumb touches.

**Directions (virtual):**

1. Create your own questions or use the sample questions below.
2. Assign a number to each question.
3. The host will pick an employee, the employee picks a number, the host will read the question associated with that number and the employee will answer.



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## Sample Questions

***Don't forget to introduce yourself!*** (Share your name, title, department/division, etc.)

- Tell me one inspirational quote you like and why.
- What is your favorite way to be active?
- How do you cope when you feel “stressed out”?
- What’s the last thing you did just for yourself?
- If I were to look in your desk drawer right now, what snacks would I find?
- Have you tried a new recipe lately? If so, what recipe was it?
- What’s on your workout playlist right now?
- What’s one goal you’re working on right now?
- What health-related activity have you enjoyed at the State? Why?
- What would be the best prize to receive in a health challenge?
- What’s the best piece of health/wellness advice you’ve ever received?