



Team Building Activity

Who or What Am I?

Focus Area: Physical Activity/Well-Being

Description: “Who or What Am I?” is a guessing game where participants hold or tape cards (with a character or item on it) to their heads. If in-person, participants will walk around gathering clues about their cards and try to guess who or what is on their cards. If done virtually, participants will, one at a time, describe a word for the group to guess.

Category: Pairs or groups

Length of Activity: Varies

In-person or Virtual: This activity can be done in-person or through a video conferencing platform such as WebEx.

Materials Needed:

- Character/item clue cards*, printed and cut (*if in person*)
**Blank clue cards are provided to create your own cards, if desired.*
- Tape (optional)
- Prizes (optional)

Directions:

In-Person

1. Pass out the clue cards (face down) to participants.
2. Have participants tape or hold the clue card to their head.
3. Set a timer and have participants walk around to gather clues from other participants in order to try and guess who or what is on their clue card.
4. First player to guess their clue card correctly, wins!**

Virtual

(Your WFHTN Regional Wellness Coordinator can help/host/etc.)

1. Utilize a virtual platform such as WebEx, Zoom, etc.
2. Using the sample list of clues (or make your own list), the host will start the game by describing one of the clues and having others in virtual session guess.
3. The host will “pass” clues along to the next participant by privately messaging each attendee (or sending them an email, chat, text, etc.).
4. Set a timer and allow the next participant to describe their word and have the other attendees guess who or what is on their clue. (Repeat steps 3-4 until all attendees have taken a turn.)
5. Players who guess the clues correctly, win!**

Note: This virtual option is essentially the opposite format of the in-person. Instead of an individual guessing what's on their own clue card, virtual *attendees* are guessing the individual's clue.

****NOTE:** *This game can have several variations. For example, it could be played in rounds and the participant with the most correct guesses wins. Optional rules could include only allowing participants to use one word at a time, NOT allowing words, etc.*

Stairs	Wellness Break
Water Bottle	Deskercise
Blueberry	Meditation
Jump Rope	Yoga
Nature	Green Bean
Toddler	Book
Almond	Grandfather
Sun	Push-Up
Grocery Store	Teacher
Bear	Flower

