

School & Community Prevention Program, Department of Psychiatry

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Above The InfluenceVirtual Games Database - ATI At A Distance



Title of Game: Take a Picture of Your Shoes Game

How The Game Is Played

Participants will find a pair of their favorite shoes or shoes that best represent them. They will then take multiple pictures of the shoes and forward by text the pictures to the game facilitator. Using Zoom the facilitator will then share pictures of the shoes with the group using screen share and allow participants to guess who the shoes belong to. Once the owners of the shoes have been identified, each participant will have the opportunity to say why the shoes they chose tend to be representative of them as a person.

Uses for the Game

- Icebreaker
- Get to Know You Activity

Time from Start to Finish: Approximately 5-10 Minutes

Needed: Each participant will need access to a cell phone with camera and text capabilities, Zoom Account, Internet Access

Title of Game: Two Truths and One Lie Game

How The Game Is Played

Facilitator will give participants sixty seconds to think of two truths and one lie about themselves to share with the entire group. Each participant will then get the opportunity to share their two truths and one lie to the entire group. Each member of the group gets to guess which item shared was the lie. If the majority of the group is fooled, the participant wins. If the majority of the group guesses correctly,

the group wins.

The facilitator can choose to simply accept each truth at face value and thank each individual for their participation, and/or the facilitator can choose to ask participants to elaborate about their truths giving

the group a little more information about the people in the group.

Uses for the Game

Get to Know Us Better

Icebreaker

Mood Shifter

Time from Start to Finish: Depends on the number of participants, but usually consider about one

minute per participant.

Needed: Zoom Account, one device per participant

Title of Game: Three Words Game

How The Game Is Played

The facilitator will assign each person in the Zoom meeting a number, either randomly or by alphabetical order. The facilitator will explain to participants that as a group they will all take turns according to the assigned order helping to create a story by each of them adding three words to the story one person at a time. The facilitator will start and end the story with the first and last three words.

The facilitator can record the story and replay for the group's enjoyment.

Uses for the Game

Energy builder

Mood Shifter

Fun

Time from start to finish: Depends on the number of people in the group. Consider approximately 30

seconds per person.

Needed: Zoom account

Title of Game: Scavenger Hunt

How the Game is Played

Facilitator will identify a list of common items that participants likely have around their home (i.e. hats, gloves, scarves, shades, physical photos, etc.. Facilitator will share the list with participants and set a timer in Zoom, allotting them two minutes to find and retrieve the items. Participants will retrieve all of the items at once and return to their seats. Facilitator will then allow participants to talk about the items they retrieved and their significance to them and their family

Uses for the Game

- Energy Builder
- Mood Lifter
- Get to know me
- Fun

Time from Start to Finish: Approximately 8 to 10 minutes

Needed: Zoom account

Title of Game: Find and Frame

How the Game is Played

Facilitator will develop a list of 6 - 8 interesting items that could be found in the home (i.e. fire extinguisher, pet/sibling, junk mail, physical photos, etc.). Participants will be instructed to (at the word go) find the first item in their home and hold the item next to their face in the video on Zoom. The first person to find and frame themselves in the picture with the item wins that round. The game can go for as many rounds as the facilitator has items on their list.

Uses for the Game

- Energy builder
- Mood Lifter
- Fun

Time from Start to Finish: At the facilitator's discretion. Consider approximately 60 seconds per item.

Needed: Zoom account

Title of Game: Virtual Rock/Paper/Scissors Tournament

How the Game is Played

Facilitator will ask all participants to make sure their zoom session is in gallery view so that most if not all participants can be seen. Participants will then pair up to play traditional R-P-S. Winners will indicate they have won and are available for another opponent by lifting their hands. Participants will play until there is a final winner.

Uses for the Game

- Re-focusing the group
- Energy builder

Time from Start to Finish: Very fast game. Finishes very quickly.

Needed: Zoom account

Title of Game: Virtual Dance Master

How the Game is Played

Facilitator will identify one participant to serve as the guesser. The guesser will leave contact with the group for a specified time. During that time the group will identify a Dance Master who will lead the group in coming up with specific "dance" movements that each of the other group members will copy at the same rhythm. The guesser will then rejoin the group. The guesser will then have to guess who in the group is the dance master controlling the movements of the entire group.

Uses for the Game

- Energy Builder
- Fun

Time from Start to Finish: 2 to 4 Minutes or longer depending on the number of rounds played.

Needed: Zoom account

Title of Game: Lip Sync Contest

How the Game is played

Facilitator will identify two to four contestants and one announcer from the group. The contestants and announcer will be sent into a breakout room where they will discuss the specific songs and the order in which the performers will perform. At the end of the breakout session (2 to 5 Minutes) the announcer will introduce the first contestant who will perform their lip sync for the remainder of the group. The facilitator will conduct a poll at the end of each performance where audience members will rate

performances on a scale of 1 - 5. The performer with the highest overall score at the end of the game wins.

Uses for the Game

Fun

Creativity Jump Start

Time from Start to Finish: 10 minutes

Needed: Zoom account

Title of Game: Put A Finger Down Challenge

How the Game is Played

Facilitator will identify ahead of time a list of approximately ten interesting, important, and/or fun statements for the group that each individual group member will respond to non-verbally. Each of the statements will start the phrase "Put a finger down if...". All participants will start showing both hands open with all fingers extended vertically. The facilitator will read a statement to the group. Participants will respond non-verbally by putting a finger down if that statement pertains to them. (For example: Put a finger down if you have ever ridden a bicycle.) Facilitator will continue making statements and receiving the non-verbal responses of the participants until the list is completed.

Uses for the Game

- Icebreaker
- Get to Know Me Better
- Facilitated Discussion

Time from Start to Finish: Varies widely based on the number of statements made.

Needed: Zoom account

Title of Game: Next Question

How the Game is Played

Facilitator will assign each participant a number. Facilitator will explain that the object of the game is simply to ask a question when it is your turn to speak based on your number. The question can be concerning anything. The only challenge is the question must not disrupt or delay the rhythm of the conversation. If the person whose turn it is to ask a question freezes, delays, laughs, or otherwise does anything to break the rhythm of the group they are out. The game is played until there is a final winner remaining.

Uses for the Game

Fun

- Energy Builder
- Mood Lifter

Time Start to Finish: Varies depending on the number of people playing. Consider approximately 1 minute per person playing.

Needed: Zoom account