



Increasing Team Engagement with Moments of Play

WORKBOOK

PPVW MODEL FOR INCREASING TEAM ENGAGEMENT

1. PLAY

Leverage Play to promote engagement, belonging, innovation, and resilience. Play is the foundation of building Presence.

2. PRESENCE

Maintain Presence to engage with what emerges in the here and now. Presence builds and strengthens Vulnerability.



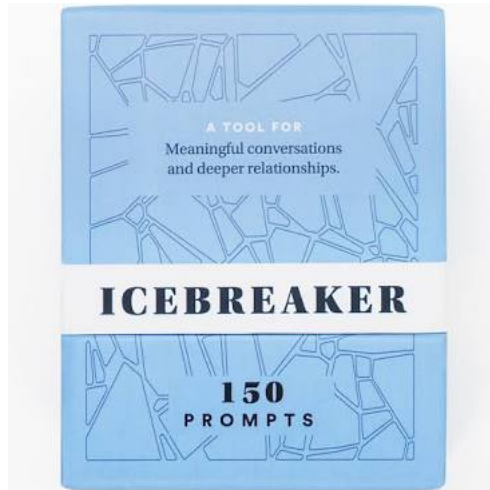
3. VULNERABILITY

Demonstrate Vulnerability to encourage authentic leadership and increase trust. Vulnerability cultivates empathy and compassion, which enables you and others to advocate for what you need.

4. WELLNESS

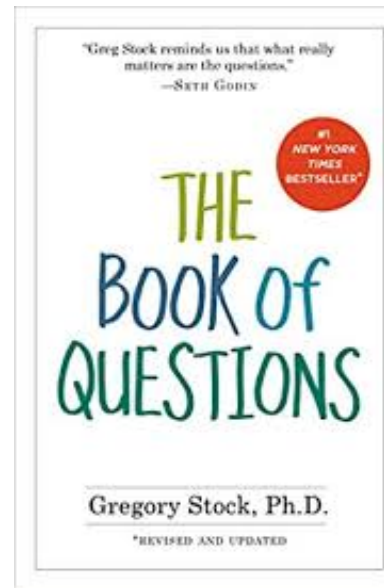
Promote Wellness to refresh the group, keep team dynamics healthy, and prevent burnout. Wellness is the bedrock of sustainability in work and life.

RESOURCES TO FACILITATE PLAY



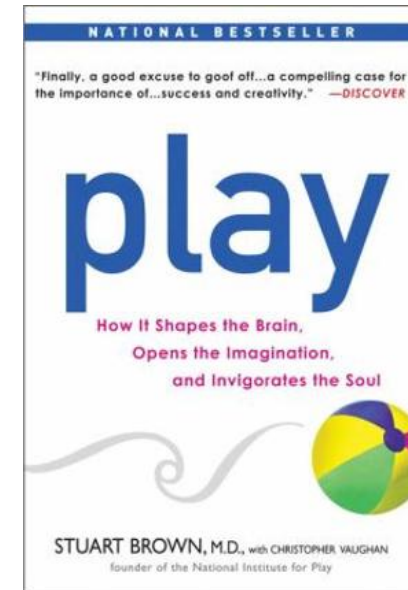
ICEBREAKER DECK

BEST SELF CO. DISCOVERY DECKS



THE BOOK OF QUESTIONS

GREGORY STOCK



PLAY

STUART BROWN

VIRTUAL SCAVENGER HUNT

INSTRUCTIONS:

- When the host says GO, you'll have 45 seconds to find three objects in your home office
- When the timer goes off, come back on camera and show your objects (or as many as you could find!)



SOMETHING THE COLOR...

GREEN



SOMETHING THAT...

YOU USED TODAY



SOMETHING WITH...

SENTIMENTAL VALUE

VIRTUAL SCAVENGER HUNT

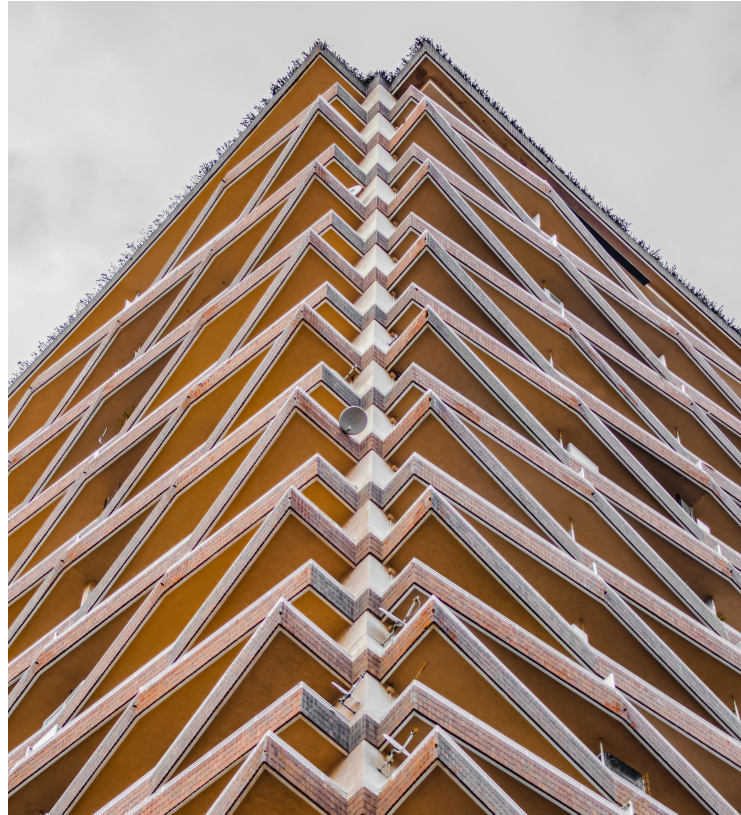
INSTRUCTIONS:

- When the host says GO, you'll have 45 seconds to find three objects in your home office
- When the timer goes off, come back on camera and show your objects (or as many as you could find!)



SOMETHING THE COLOR...

BLUE



SOMETHING THAT...

HAS A CORNER



SOMETHING WITH...

THE LETTER T

VIRTUAL SCAVENGER HUNT

INSTRUCTIONS:

- When the host says GO, you'll have 45 seconds to find three objects in your home office
- When the timer goes off, come back on camera and show your objects (or as many as you could find!)



SOMETHING THE COLOR...

RED



SOMETHING THAT...

HAS A SCENT



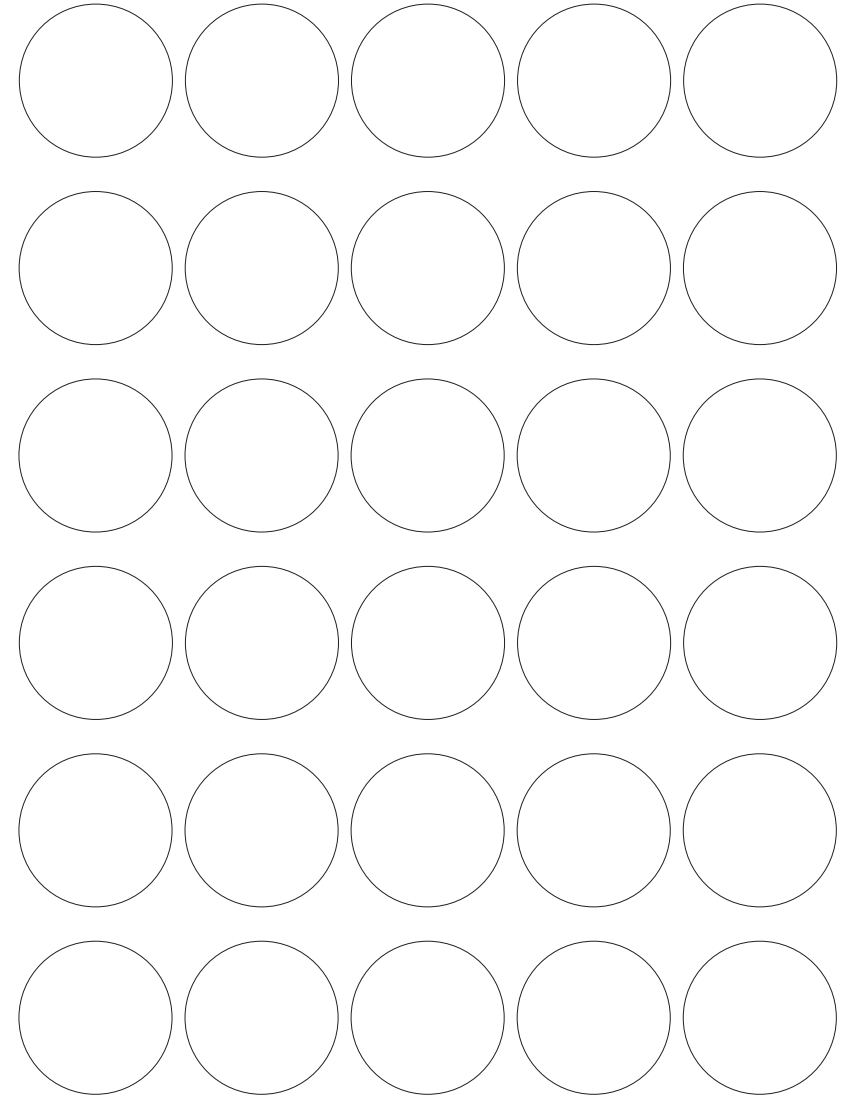
SOMETHING...

YOU WOULD RECOMMEND

30 CIRCLES CHALLENGE AS A CREATIVE BRAINSTORMING WARM-UP

INSTRUCTIONS:

- Send each participant one 30 Circles Challenge to print (or ask them to draw 30 circles on a sheet of paper)
- Turn as many of the blank circles as possible into recognizable objects in three minutes (think clock faces, billiard balls, etc.)
- Compare results! This is mostly a fun warm-up activity for brainstorming, but it can be a great demonstration of ideation and creativity



TROUBLE GETTING THEM ENGAGED?

TRY WELLNESS BINGO!

If your teams aren't easily convinced to join a class, try a new workout, or reach out to colleagues invite them to play our Wellness Bingo. Send out the Bingo scorecard (here's an example) and give them a week or two to "get bingo." Consider incentivizing completing the Bingo card by entering employees in a raffle!

B I N G O

Keep Growing By Taking A 1-hour Class To Learn Something New On YouTube, LinkedIn Learning, Etc.	Play Unwfp's "Free Rice" For 30 Mins. For Each Answer You Get Right, Advertising Sponsors Send The Cash Equivalent Of 10 Grains Of Rice	Volunteer To Prepare Or Deliver Food At A Local Food Bank, Kitchen, Meals On Wheels, Etc.	Call Your Local Hospital Or Fire Station And See If You Can Order Takeout For Staff, Or Pickup Food From A Local Restaurant Already Donating Meals To First Responders	Send A Payment Or Gift Card To Your Hairstylist, Barber, Or Nail Technician As If You Were Keeping Your Appointments
Donate Blood At The Red Cross And Help Save Lives	Buy A Book From A Local Bookstore	Offer Your Skills Virtually By Doing A 1-hour Call With A Nonprofit Via Catch A Fire	Offer To Review A Friend Or Neighbor's Resume Whose Job Was Impacted By Covid-19	Send An Email To A Previous Colleague Of Yours And Check-in On Them
Donate \$20 To The Cause, Nonprofit Of Your Choice Who Is Impacted By Covid-19	Keep A Gratitude Journal For 7 Days In A Row	Fill In Your Own: _____	Go Two Days With Zero Food Waste	Uplift Yourself: Exercise For 45 Minutes Three Times In One Week
Read A Story To A Child Or Play A Game Over The Phone (Call Parents Or Relatives You Know!)	Stay Home For 72 Hours Straight And Help Reduce The Spread	Donate \$20 To Your Local Food Pantry, Kitchen, Meals On Wheels, Etc.	Recognize An Amazing Colleague and Send Them an E-Card!	Sew And Donate Masks To Va Hospitals Or Any Essential Worker
Buy A \$25 Gift Card And Give To A Supermarket Checkout Worker To Say Thank You (There Are Usually Gift Cards Already At The Checkout Stand!)	Transcribe A Historical Document Through The Smithsonian (~60 Min)	Go For A 30-minute Walk, Make Eye Contact, Say "Hi" And Smile (Or Wave If You're Wearing A Mask) To Everyone You Meet Along The Way (Doesn't Count If You Won't Run Into Anyone...)	Offer To Pickup Groceries Or Prescriptions For At-risk Neighbors (Leave A Note At Their Door, Facebook, Nextdoor, Etc.)	Order Takeout Or Delivery On A Night You Used To Eat Out, And Tip Your Delivery Person 30%