Keep Your Team Connected

- Hold regular **team huddles/check-ins**
- Begin meetings with **Ice Breaker activities**
  - Share photos of something you have seen or achieved in the last week
  - Begin meetings with individuals sharing what they are grateful for
  - Open meetings or enjoy your 15 minute breaks with a short online game with co-workers (**Heads Up!**, **PSYCH!**, **Uno**, **Kahoot**)
  - Have a walking phone meeting as a team
- Host **WebEx lunches** with colleagues
- Participate in a **Mindfulness activity** together – perhaps a Healthy Lifestyles Mindful Monday activity ;)
- **Attend webinars** and host discussions as a group afterwards
- **Encourage your team** to take movement breaks, drink water, and to develop a work shutdown ritual
- Remind your team to **set boundaries** between work and home life.
- Continue **celebrating** milestones, victories, and co-worker’s birthdays
- Start a **virtual book club** with co-workers
- Open up an **internal chat group** to provide an environment for employees to ask questions, offer encouragement, and send hilarious gifs
- **Coffee/Water Cooler Breaks** – Suggest each employee bring a beverage of choice to the online meeting so it feels like a coffee/water cooler break.
- **Daily Commute** – Spend the time you would have commuting to connect with colleagues over the phone, WebEx, text, etc. Managers create sign-up sheets for different employees to chat during the “daily commute”. 