



Group Warm-Up Activities

Consider starting with a quick warm-up to help everyone feel comfortable, spark conversation, and build excitement. You can also use these warm-ups as add-ons to other Connect Quest activities. Remember, you know your group best, and these ideas are just to get you started:

- **Well-being charades:** Brainstorm a list of self-care activities like journaling, listening to music, and playing sports with friends. Write them down on cards. Have each member in your group choose a card to act out. Have the rest of the group guess which activity it is.
- **Try not to laugh games:** Divide your group into pairs. Have one try to make the other laugh without touching them.
- **Dance moves:** Play Just Dance videos and have your group follow along to the dance moves.
- **Wellness freeze tag:** Lead a game of freeze tag. When the person who's "it" tags someone, the players must freeze into a wellness or self-care pose.
- **Musical conversation chairs:** Play upbeat music and have the group walk around the space you're in. When the music stops, gather into groups of 4 (depending on the size of your group). Find one thing that you all have in common. Each time the music stops, group up with people you didn't join up with before.
- **Rock-paper-scissors tag:** Have the group walk around the space you're in. Ask them to find a partner to play rock-paper-scissors. The person who loses the round of rock-paper-scissors then has to stand behind the winner. They must follow the winner around the space and cheer them on. The winning player goes on to find another winner to play rock-paper-scissors with. This continues until there are only two people left playing the game. The last two will each have a line of players cheering them on.
- **This or that:** Brainstorm a "this or that" list with items like winter vs. summer, math vs. science, and books vs. movies. Read through the list and have each group member share which option they prefer. Ask them to explain their choice.





Print double-sided. Cut out the cards and pick your warm-up activities!

Well-being charades



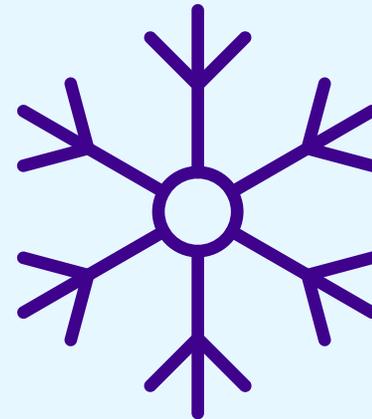
Try not to laugh games



Dance moves



Wellness freeze tag





Print double-sided. Cut out the cards and pick your warm-up activities!

Well-being charades

Brainstorm a list of self-care activities like journaling, listening to music, and playing sports with friends.

- Write them down on cards.
- Have each member in your group choose a card to act out.
- Have the rest of the group guess which activity it is.

Try not to laugh games

Divide your group into pairs.

- Have one try to make the other laugh without touching them.

Dance moves

Play Just Dance videos and have your group follow along to the dance moves.

Wellness freeze tag

Lead a game of freeze tag.

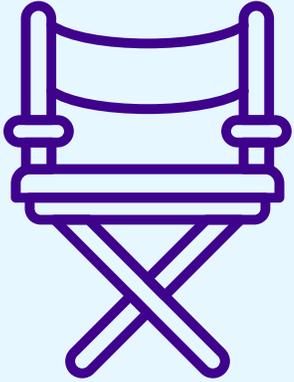
- When the person who's "it" tags someone, the players must freeze into a wellness or self-care pose.



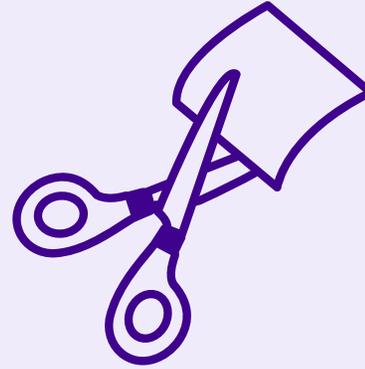


Print double-sided. Cut out the cards and pick your warm-up activities!

Musical conversation chairs



Rock-paper-scissors tag



This or that



Make your own!





Print double-sided. Cut out the cards and pick your warm-up activities!

Musical conversation chairs

Play upbeat music and have the group walk around the space you're in.

- When the music stops, gather into groups of 4 (depending on the size of your group).
- Find one thing that you all have in common.
- Each time the music stops, group up with people you didn't join up with before.

Rock-paper-scissors tag

Have the group walk around the space.

- Ask them to find a partner to play rock-paper-scissors, and play one round.
- The person who loses the round stands behind the winner and follows them around the space, cheering them on.
- The winning player finds another winner to play with.
- Continue until there are only two people left.
- The last two will have a line of players cheering them on!

This or that

Brainstorm a "this or that" list with items like winter vs. summer, math vs. science, and books vs. movies.

- Read through the list and have each group member share which option they prefer.
- Ask them to explain their choice.

Make your own!

Make your own warm up activity and share!

