



OFFICE RECESS

WHAT IS OFFICE RECESS?

Office Recess is designated time for employees to take a breather from their to-do lists and get in a little physical activity. “Playing” has a huge effect on creativity. Engaging your employees in a playful activity can lead to more creative problem solving. Participants are generally more productive, because they approach tasks with more energy and focus

ACTION PLAN:

STEP 1

Discuss - Have a conversation with your employees about the importance of physical activity. Introduce Office Recess as a time to take a break and have some fun with coworkers.

STEP 2

Plan - Come up with ideas for activities. Suggest that each week a different employee chooses an activity.

STEP 3

Schedule - Set a date and time. Office Recess can be 15 minutes to an hour. Remember to send a calendar invite!

STEP 4

Execute - Get out there and enjoy Office Recess!

INDOOR CHALLENGE

This can be whatever you want it to be! What will your officemates enjoy? Chair races? A masking tape obstacle course? Come up with creative ideas that use your surroundings and office supplies to get people moving!

OUTDOOR GAMES

Throw it back to the days of actual recess with some classic field games like four square or a few innings of kickball.

FIND A PARK

Play catch, frisbee or kick a soccer ball around. If you're feeling ambitious, test your skills on the jungle gym.

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OFFICE RECESS TEAM EXERCISE IDEAS

Fun exercise that nurture team spirit and keep physical activity as part of company excellence

Mine Field – Objects are scattered in an indoor or outdoor place. In pairs, one person verbally guides his/her partner, a blindfolded person, through the minefield.

Pipeline/Gutter Ball – A fast paced activity that can be modified to suit age and setting. Each participant gets one gutter or half pipe tubing. The object is to move a marble or assorted size balls using lengths of guttering from point A to point B without dropping them.

Keypunch – A powerful teambuilding exercise for medium sized groups. Participants must touch the randomly placed numbers, in sequence, within a given time frame in multiple attempts.

Warp Speed – A team building exercise based on the icebreaker “Group Juggle”. Groups are challenged to juggle as fast as possible. Invite group to “tender” a time they can deliver.

Balloon/Beach Ball Activities – Group activities that can be done with balloons or beach balls. Promotes gentle, fun physical movement, people getting to know one another, trust and working together.

Multi-Way Tug-of-War – Fun, physically demanding, competitive team activity. Several teams pull against each other, requiring communication and tactics as well as strength to out maneuver and win.

All Aboard! – A classic teambuilding activity in which a group is challenged to physically support one another in an endeavor to occupy an ever-diminishing space.

Frisbee Activity – “Throwing Race” Pair off into teams of two. Stand a few feet apart and try to complete as many passes as possible in two minutes. The team with the most completed passes wins!

Hacky Sack Activity – “Balance the Beans” Place the hacky sack on any body part and balance it there for a set amount of time (try five seconds to start!). For an extra challenge, try walking down the hall or across the yard while still balancing the hacky sack.

Jump Rope Activity – “Helicopter” One person grabs one handle of the jump rope. Participants form a circle around them as player with jump rope lays it on the floor and spins in a circle. As the opposite handles passes the players, they must jump over it. Player who hits the rope is eliminated. Last player standing wins and becomes the next helicopter spinner.

