



Telehealth Specific Group Cohesion Building Activities

The following group activities are designed specifically for use during video group sessions.

Telehealth Show and Tell – Everyone in the group takes a turn sharing something in their home that is meaningful to them. Depending upon the size of the group it may make sense to make a time limit for presentations in order to give everyone a chance to share who wants too. Allow time for group members to ask questions. At the end of group process thoughts and feelings related to what it was like to share a little piece of your life with others in this activity. Discuss what it is like to share about yourself and how that can be positive

Telehealth Pet Show – Similar to Show and Tell above, allow group members with pets an allotted amount of time to bring their pet on camera and talk a little about their relationship with that pet. For those without a pet, they can choose to bring a show a stuffed animal toy, a picture of an animal in their home, or a statue of an animal in their home of their choice instead of a live pet. Allow time for group members to ask questions. Process thoughts and feeling at the end of group. Talk about the value of pets and nature for coping

Telehealth Picture Show – Similar to Show and Tell or the Pet Show, in this exercise, everyone who wants to participate should find a picture of themselves, a family member or someone else whom they care about. It can be a physical picture or a picture on someone's phone. Then the person whose turn it is should hold the picture up to the camera and talk about the picture to the group. Take turns and allot time if group is large. Allow time for group members to ask questions. Process feelings and thoughts about how it felt to share when the group is done. Talk about how our supports help us cope

10 Questions to Guess What I am Holding – Take turns with this exercise. When it is someone's turn, they can get something from around their home or environment and hold it just below the camera. The group can ask 10 "Yes or No" questions (that only can be answered with a Yes or a No) to try to learn more about the hidden object. After the 10 questions the group should try to guess what it is. When complete, the object should be revealed.

Telehealth Talent Show – It may be better to plan this activity ahead of time so group members can be prepared. Discuss ground rules that no one should tease or make fun of anyone with the courage to participate To do this activity group members should be given time to show a talent or hobby such as singing, playing an instrument, drawing, poetry or rapping, acting, telling jokes, dancing (if possible), famous impersonations, etc. At the end process thoughts and feelings about participating. Talk about how hobbies help us cope

Telehealth Scavenger Hunt – The counselor should start with one volunteer to get the game started. The counselor should challenge this first group member to find something in their home and bring it on camera if possible. (Some examples "Find something purple" , "Find something alive", "Find something that's really old" or "Find something few other people have besides you") Once the challenge is completed (or attempted but not completed) that person should pick the challenge for the next participant and so on until everyone gets a chance. Again, discuss how opening up about who we are can help us grow

Telehealth One Minute Monologue – If possible, have everyone set the telehealth platform to "Speaker" mode so the speaker is highlighted on the video. Then take turns where one person gets to speak freely about any topic that they want too. Ground rules should be that nothing offensive, insulting, hurtful or mean should be shared. Only the person giving the monologue should be allowed to speak. Someone should be the timekeeper and each person should get a full minute to do a monologue uninterrupted. Process afterwards



Telehealth Last Person Standing Trivia Challenge – The following website has multiple substance use related trivia questions - <https://www.funtrivia.com/trivia/SciTech/Drug-Abuse-11853.html> - Or, the counselor may elect to find other questions. (You can just google “Drug and alcohol trivia”) – Everyone should have their video on. Come up with an order for answering questions and go around in order with the counselor asking questions one by one to group members. If the group member gets the trivia question correct, then that person keeps their video on but if the answer is wrong, then that group member should stop their video and be removed from gameplay. Continue going around until there is one group member left (or you run out of time)

Telehealth Juke Box – Each person takes turns selecting a music video that is available on YouTube and then take turns watching music videos. To make this activity more therapeutic, the video chosen should be appropriate to the group (non-offensive or sexually explicit for example) and ideally the song chosen should have meaning to the person who chose it. After each video shown, talk about why the video was chosen and what it means personally to the person who selected it. Discuss how music can help us cope

Telehealth Two Minutes or Less Video Clip Sharing – Similar to Telehealth Juke Box, instead of music videos, each person should select a meaningful video clip from YouTube or another internet source (For example, movie clip, sports clip, news clip, etc.) Clips selected need to be group appropriate and non-offensive. Clips should be limited to 2 minutes or less so if the clip is longer, have the person select a 2-minute portion. Process why each video clip was chosen and what it means to the person who selected it.

Telehealth Chat Room – This is a shorter exercise. Everyone should mute and turn off their video. The counselor can pick any topic to start the chat off and then the group should all chime in using only the chat option on the telehealth platform. No talking or video allowed just use the chat as a means to communicate

Telehealth Hot Potato – The counselor should set a timer, preferably something that goes off with a noise at the end that everyone can hear. The group should have a discussion on the telehealth platform on any topic that they group decides on. While the discussion is going, the counselor should randomly pick someone in the group and send a chat to that person saying: “Hot potato”. That person should then pick someone else in the group and send a chat that says “Hot potato” to that person. This should continue until the timer is up and the last person who received a chat without successfully sending it to another person had the hot potato.

Unique on Telehealth – Make an order of people in the group. Choose a scorekeeper. Everyone's video should be on. The first person should make a statement about themselves, their life, or their experiences that they believe is unique. Everyone in the group who had not had this same (or a very similar) experience should turn off their video. Everyone left with their video on who had a similar experience should share their story. The person gets one point for everyone who shut off their video. Everyone should turn their video back on and continue with game with the next player in the same way

Telehealth Anonymous Feedback – Each player should take turns sharing something that they would like feedback about. The person should share enough information so that others in the group can give feedback. Instead of sharing feedback verbally so everyone can hear it, the counselor should allow a few minutes for the group to send feedback in via the chat feature directly to the counselor. The counselor then should share the anonymous feedback with the person who shared. Take turns and the next person should go. Discuss feelings

Pulling the Strings – This is more of just a fun game. One person gets to take their turn “pulling the strings” for the rest of the group. During this person's turn, he or she can give instructions to the rest of the group that they must follow (as long as it is appropriate) Take turns allowing others to be in control.