



Hui ā-tīma | Team Hui Energisers








Ideas to use in team hui to lift the energy, mood and bring the team together. Mindfulness activities have also been included where a focus or calm is required, possibly after a topic or team activity that has been particularly heavy or challenging.








These activities are designed for face-to-face delivery as well as the online environment. See the key below for our recommended approach.



Key:

	Face to face
	Online








Energisers

 	Scavenger hunt Make up a list of items for a scavenger hunt, e.g. comb, photo, band-aid, lipstick, hair tie, etc. and give one copy of this list to each table. The first group to collect all items on the list wins. If doing this online, share the list on your screen and give kaimahi ten minutes to find all items on the list from their current location.
 	What's in a name? Ask each participant to share a short explanation of their name, where it comes from and what it means. You could also ask kaimahi to share any shortened versions of their name and what they preferred to be called.
	Squiggles Everyone draws a squiggle (wiggly line, circle, etc.) they pass it to the person on their left. That person then turns the squiggle into a picture. Share pictures. This can be done with everyone getting out of their seats and walking around and looking at the 'art pieces'. This is a light-hearted activity to connect or energise the group.
 	Quick lists Break into 2 or 4 groups. Each group has two minutes to write down as many things they can think of that people do for fun, relaxation, hobbies, etc. (or could be related to the session content). After two minutes, ask for pens to be put down and add up how many ideas they have written down. Find out who had the most and share answers with each other. This creates a discussion to find connections and reminds them of things they can do to restore their energy and fill their cup. If doing this

	online, use the breakout rooms function in teams to divide the group into either 2 or 4 groups. This is a competitive activity and can generate lots of energy!
	Circle reflection Ask the group to create a circle. Throw a ball or mascot around the circle to each other. As people catch the ball/mascot, invite them to share something they have learnt or enjoyed, or what has stood out for them so far during the hui ā-tīma team hui.
	Weekend dreams Get into pairs. Discuss what you would do this weekend if there were no limits, boundaries or budget? This provides a chance to dream, build connections and get to know each other better, bringing positive energy to the room. If doing this online, use the breakout rooms function in Teams to divide the group into pairs.
	Isn't it weird... A great activity if you've been discussing a difficult topic or have been 'in the zone' with tough mahi. Someone starts with 'isn't it weird' then the person next to them adds three words onto the story, this is then continued with everyone adding three words as you go around the room.
	Headbands/21 questions If you have a budget, buy funny/large glasses for everyone. Hand them out and then get everyone to write the name of someone famous on a post-it note. Stick your post-it note on the front of the glasses of the person next to you, without them seeing the name on it. Join up with this person and they ask questions to try and guess who the famous person is with just yes and no answers. Then it's your turn.
	Lining up To help quickly get people into groups and have them moving around. Get everyone to stand up. Now line up along the front of the room in height order, birthdate order, birth year order, etc.
	Group bingo Create a bingo board (using paper) and fill each square (usually around 12) with things to try and find out about others. Find someone who has blue eyes, someone who snowboards, someone who can speak two or more languages, someone who studied teaching, etc. Give everyone time to stand up with their bingo paper, go around the room, meet people and find out more about each other while trying to win bingo.
	10 things In pairs, ask questions of each other to find <i>at least 10 things</i> you have in common. Try and find as many connections as you can. Share with wider group how many

	things you found in common with your partner. Share anything interesting you found out about your partner with the group. If doing this online, use the breakout rooms function in teams to divide the group into pairs.
 	Superheroes If you could be a superhero – what would be your superpower and why? Share with the person next to you or share with the wider group if online.

Mindfulness activities

	<p>Box breathing</p> <p>Breathe in for 4, hold for 4, release for 4 (repeat 4 times or more if needed).</p>
	<p>Mini meditation</p> <p>For two minutes, invite everyone to bring their attention to their breath. Get comfortable, you can have your eyes open or shut. If open keep them focused on one spot. Thoughts may come. Gently bring your attention back to your breath. This is not a breathing exercise to adjust your breathing but to allow your brain to become present to the present moment by focusing on your breath only. This in turn may allow you to feel more settled and calm.</p>
	<p>Sympathetic breathing meditation</p> <p>Play the ‘Sympathetic Breathing Meditation’ by Quiet Mind Café (10 mins long).</p>
	<p>The hand senses</p> <p>Invite everyone to draw around their hand – either on paper or just using their fingers to trace around them. The fingers and thumb represent their five senses. Encourage them to write above or draw the five senses above each finger and thumb. Inform the participants this is a silent activity, no talking. For the next two minutes, they are encouraged to notice what they see, hear, feel, taste and smell. This activity helps people bring their attention to the present moment.</p>
	<p>The mindful hand exercise</p> <p>Have everyone focus on their hands. What do they see? What are the things you can see that are unique to you? How do they feel? What does it look like when moving through space or when you move your fingers and wrist, etc. Focus on breathing to bring people into the present.</p>
	<p>Hikitia Te Hā</p> <p>Māori breathing exercises can be done with yoga poses, taiaha or tai chi. Hikitia Te Hā All Right?</p>
	<p>Self-massage</p> <p>Hand on chest, hand on puku (stomach). Deeply breathe in and out. Put your fingers on your temples, gently circling clockwise then anti-clockwise. Rub gentle circles on your earlobes, pull and stretch them in different directions. Ears have many nerve endings, so this helps stimulate endorphins when you’re feeling down.</p>