



Group Activity Options

- Yoga
- Cornhole Tournament
- Recovery Jeopardy: <https://jeopardylabs.com/play/recovery-613>
- Karaoke (only appropriate songs)
- Board Game Tournament
- Card Games
- Movie (approved by administrator)
- Walk
- Two Truths and a Lie
 - Everyone goes around the room telling two truths and one lie.
 - The group tries to figure out which is the lie.
- 10 Nouns Group Story
 - Sit in a circle and ask everyone to write ten unique nouns on ten separate slips of paper (examples: tornado, rowboat, pigeon).
 - Shuffle the papers and choose someone to go first.
 - Allow them to pull one slip of paper from the stack.
 - Give them one minute to tell a story using the noun they selected.
 - When time's up, the next person picks a slip of paper.
 - They must continue the story using the noun they selected.
 - And so on.
- Going on a Picnic
 - To introduce several new people who don't know each other's names, this fun game can help.
 - Start by saying, "My name is _____. I'm going on a picnic and taking _____." The item should start with the first letter of your name. For example, "My name is Jesse. I'm going on a picnic and taking jam."
 - The second person says their name/item and also repeats the previous person's name/item. For example: "My name is Michaela. I'm going on a picnic and taking milk. Jesse is taking jam. Graham is taking green eggs. Haley's taking ham."
 - As more people say their name and item, the game gets more challenging.

- One Word
 - This icebreaker helps groups get in the right mindset for a discussion topic.
 - Divide everyone into small groups.
 - Ask everyone to come up with a single word that describes today's discussion topic. (For example, if you're leading a discussion about triggers, ask everyone to describe triggers in one word.)
 - After sharing the word with their groups, invite each group to share with the entire room.
 - This game encourages everyone to think about a topic in smaller groups ahead of time, which could increase participation during the discussion.
- Marshmallow Challenge
 - Divide participants into groups of three or four and give each group the following:
 - twenty sticks of dry spaghetti
 - a long piece of string
 - tape
 - a marshmallow
 - See which team can build the tallest structure with the marshmallow on top of the finished product.
 - This game gets individuals to collaborate and quickly brainstorm potential solutions.
 - The most successful teams work together, do not waste time competing for power, and quickly come up with an alternative solution if their original idea fails.
- 10 Things in Common
 - This game is a great way for people to discover shared traits and interests (see <https://indeedhi.re/3g3X1Ej> for "Character Trait Examples").
 - Ask people to find a partner. (Encourage them to select someone they haven't connected with yet.)
 - Have each pair identify ten things they have in common with each other.
 - Encourage them to go beyond superficial things in common such as "We're both in treatment" or "We both like pizza." Encourage them to find interesting personality connections like "Both of us are tempted to procrastinate when we're feeling overwhelmed" or "We've both responded to a crisis courageously."