



## Virtual Meeting Activities and Suggestions

### How to have a real meeting without being face to face?

- You can have an agenda, but prepare to be flexible to cover additional topics or not everything on the agenda.
- Pay attention to how attentive people are during the meeting. If attention is really starting to fade, wrap up the topic and move on.
- Allow youth to still lead meetings as they would during in person meetings.
- Start with a brief activity or check-in, similar to icebreakers during in person meetings
- Try to incorporate Healthy Living through Physical Health activity, Healthy eating activity, or Mental Health check-in.

### Activity Suggestions

- Virtual resources for team building/ice breaker activities
  - <https://cityhunt.com/18-easy-virtual-team-building-activities-for-remote-teams/>
- How to incorporate hands-on activities – beneficial to allow youth to help lead and take ownership in activities.
  - Charades – have members take turns acting
  - 4-H Pictionary – draw something related to 4-H projects or a 4-H Project. Youth could prepare ahead of the meeting to share on their screens or provide to Leader to share
- Civic Engagement
  - create your own flag (Youth should have all the supplies available at home) - Activity available on the State 4-H Website: <https://extension.purdue.edu/4h/Pages/CivicEngagementResources.aspx>
  - Legacy of Life (good time to have youth complete these activities as they are at home and life is different from the norm right now) They can complete prior or following a meeting Self-Reflection & Goal Setting Encompasses all– Letter to yourself; A Personal Reflection; Reflections Based on Time; A Wellness Perspective. Could complete over a few different meet ups <https://extension.purdue.edu/4h/Pages/CivicEngagementResources.aspx>
- Healthy living - Gingerbread person – read story with positive and negative experiences (identifying stressors and how to deal with them)
- NAE4-HA Idea Sharing Page – Facebook post on virtual meeting options
  - Scavenger Hunts
    - Have older members create a scavenger hunt and lead the activity
    - Hunt for Quarantine Essentials
    - Game of Garbage – find certain items in the house and bring to phone/computer for points
  - Bingo – Could be based on 4-H or members for an icebreaker
    - Send to members ahead of meeting and also provide a copy on your screen during the meeting.
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- Members mark off spots as they are selected by person in charge (Leader, Officer, Jr. Leader)
- Escape Room Ideas for meetings:
  - The escape room designed for 8-10 year old youth is Attack of the Zombie Cows. <https://bit.ly/4-HZombieCowEscapeRoom>
  - The room for youth age 11-13 is has a spy theme. <https://bit.ly/4-HSpyEscapeRoom>