



# TEAM EXERCISE GUIDE

By 3x5 Leadership

*Creative ways to engage & connect with your people*

## Virtual Show & Tell

Exercise Guide #1

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## NAME

Virtual Show & Tell

## TYPE

A small group check-in exercise to start a virtual meeting or discussion.

## SETTING

Any small group virtual video call like on Zoom or MS Teams.  
Recommend group size be 4-15 people.

## PURPOSE

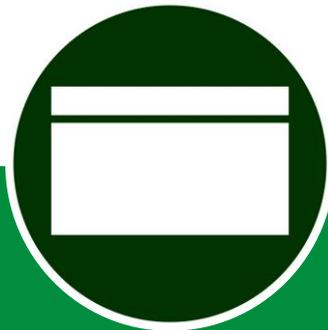
To engage people, encouraging them to deliberately check-in to the meeting and with one another. It enables group safety and helps members feel seen and heard. It welcomes members into one another's lives.

## INSTRUCTIONS

- Welcome everyone to the meeting; inform them we will start with an opening exercise.
- State we will do “virtual show & tell” and give everyone 15 seconds to find something within arms reach that means something significant to them. Tell them to place the item in front of them on the screen.
- Give everyone 1-minute to share what their item is, why they picked it, and what it means to them.
- After each person shares, ensure the team celebrates them (a short applause); thank the person for sharing.
- Move on to the next member; let everyone share (which is why we recommend small groups; 15 people can consume over 15 total minutes of your meeting).

## WHY WE LOVE THIS EXERCISE

It's fun. It's creative. It's low threat and low resource. And it builds connection and belonging. We so often get uncomfortable in virtual meetings, ensuring our background is presentable. Or we do everything we can to prevent others from getting a glimpse into our "real" life. This exercise lowers the walls, invites people into our lives, and shows that we are all human and have some unique qualities.



## LET US KNOW HOW IT WENT!

Did you try Virtual Show & Tell? Tell us how it went or if you found ways to enhance the exercise! Feel free to contact us and let us know. We'd love to hear about it.

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