**Thumball**

Level up your “this or that” icebreaker questions with this fun, interactive activity that’s sure to earn a thumbs-up from your team! 👍

| Type | Icebreaker |
| --- | --- |
| Purpose | Interpersonal team building |
| Topics | Teambuilding, communication, fun |
| Audience | General |

## **About this activity**

In a survey by employee recognition platform software Nectar on the State of Workplace Connectivity, 78% of participants cited strong workplace connections as very important to having a healthy workplace culture. Icebreakers and camaraderie-building activities are important to build rapport and create positive, lasting workplace friendships.

Thumball kicks up the energy level in the room by combining light physical activity with lively discussion questions that are sure to make participants smile. Participants will get better acquainted—and maybe even learn some new surprises—about their coworkers and create common bonds that extend beyond day-to-day responsibilities.

Thumball works best in small groups of up to 20 people in an in-person setting.

#### Important details

| Best for groups of | Up to 20, with an unlimited number of total participants |
| --- | --- |
| Preparation time | 10 minutes |
| Duration | 15 minutes |
| Required materials | * Soccer ball (1 for every 20 participants) * Sharpie * Discussion prompts |
| Required location | * Indoors or outdoors * Open space to form a circle |
| Noise level | Medium |

## **How it works**

#### Instructions

Before conducting the activity (10 minutes):

The facilitator will review the instructions and prepare the soccer balls by writing the following “this or that” discussion prompts with a Sharpie in the white hexagons (one in each space). Allow enough time for the ink to dry before conducting the activity.

This or that discussion prompts:

* Early bird or night owl?
* Thin crust or deep dish pizza?
* Mountains or ocean?
* TP roll over or under?
* Vacation or staycation?
* Peeps or candy corn?
* Loud or nosy neighbors?
* Sweating or shivering?
* Planning or winging it?
* Roller coasters or water slides?
* Emails or conversations?
* Speed or accuracy?
* Introvert or extrovert?
* Time machine or magic wand?
* Love or money?
* Dogs or cats?
* Laundry or dishes?
* Calling or texting?
* Books or movies?

Conducting the activity:

Introduction and game (10 - 15 minutes):

The facilitator will gather participants into a circle, or if there are more than 20 participants, into evenly divided circles. The facilitator will explain the rules of Thumball and toss the soccer ball to a participant in the circle and have them answer the question closest to their right thumb as an example. Once the participant answers the example question, they will lead off the game by tossing the ball to another person.

If there are participants with mobility challenges, the facilitator should guide participants to hand off the ball instead of tossing it.

Wrap-Up (2 minutes, depending on number of participants/groups):

The facilitator guides participants back to their seats and asks if there were any surprises in the answers, allowing a few participants to share.

#### Rules

The participant catching the soccer ball should answer the question closest to where their right thumb is pointing.

After answering the question, the participant will toss the soccer ball to someone who has not yet had a turn.

The game is finished when all participants have answered a “this or that” question.

The soccer ball should not be thrown hard or toward the facial area.

#### Example

None

## **Materials**

#### For facilitator

Soccer ball (1 for every 20 participants)

List of discussion prompts

#### For attendee

None