

Team Building Activity

Word Picture Puzzles

Focus Area: Well-being Activity

Description: The Word Picture Puzzles are an easy activity for all that help increase your [cognitive health](#). Participants can work individually or as a team to complete the Word Picture Puzzles.

Length of Activity: The length of this activity will depend on how you structure it, but it can be shortened as desired.

In-person or Virtual: This activity can be conducted virtually or in-person.

Materials Needed:

- [Word Picture Puzzles](#), printed copies (if in-person)
- Prize(s) (optional)

Ways to Play:

There are several ways you can structure the Word Picture Puzzle to determine winner(s).

- Virtual or in-person – If facilitating this activity virtually, determine how you'll share the Word Picture Puzzles. For example, sharing your screen, sharing the activity ahead of time or in the meeting chat.
- One-on-one or team vs. team – Participants can work individually or as a team to complete the puzzles. Teams work best in-person.



- First to complete or random drawing from participants – There are several ways you can determine individual or team winner(s) for this activity, such as:
 - Sharing the Word Picture Puzzles, and the first participant or team to complete the activity wins.
 - Allotting participants a certain amount of time to complete the Word Picture Puzzles, and then holding a prize drawing from the participants who completed them.

Directions:

1. Share the activity (including materials needed, if any) and how you'll be playing.
2. At the end, award your winner(s) and prizes, if applicable.

