Guess Who Cards: Give each resident a recipe card and have her write ten facts about herself. This can include favorites such as food, color or television show, favorite rotation, or any other interesting facts. Choose a card and read one of the facts. Then give the group a chance to guess who the person is. If no one guesses correctly, then read one more fact and continue in this way until the person is guessed (might be better as an icebreaker at the beginning of the year)

Pumpkin Carving Contest – each PGY gets 1 – bring craft supplies from home

Yoga Video (wouldn’t have to pay an instructor), mindfulness, meditation

Community Wellness – Gather Dollar Store personal supplies that we can donate to women’s shelter – residents write notes of encouragement to go with packages

Jeopardy – Jeopardy Labs website! Keeps score and has questions already in the system

Jeopardy – Playfactile.com – this one times you and lets residents buzz in using the computer

Hula Hoops – play music – they have to keep up with the speed

Board Game: “Infection” - <http://earwiggames.net/>, puzzles, coloring, Legos

CREOG Wellness Initiative Website - video

<https://www.acog.org/About-ACOG/ACOG-Departments/CREOG/CREOG-Search/CREOG-Physician-Satisfaction-and-Wellness-Initiative/Physician-Wellness-Toolkit/Curricula-and-Training>

Coloring activity - use non-dominant hand

Drawing activity – have one teammate give instructions and the other draw

Extra Admin Time

Food - Coffee and Bagels or Krispy Kreme Donuts

Use magazines, etc and cut out photos that describe something nice about a teammate – give it to them

Thank you/kindness notes – have residents write notes to each other (or to ancillary staff etc)

Salsa Dancing

Make bath salts – mix Epsom salt and coconut oil beforehand (or let residents do it) and bring fragrances for them to pick for the mixture. They can bring their own container.

Board games, painting, yoga mindfulness (meditation)

M&M Game – each person picks 1 M&M – what you tell the group will be based on the color of M&M you chose (yellow = your favorite tv show, red = a random fact nobody knows, etc)

How you relax - Go around and tell the group things you do to unwind

Pat on the Back – cut out paper hands, tape to the residents’ backs, have them go around writing nice things on the hands of others – it’s a “pat on the back.” Bonus – laminate and put them up in the workroom

Christmas cards – make cards for patients

Painting – bring in canvas and paints and let them paint whatever

Interactive Session on Med Student Integration – have residents sit in a circle and discuss different interactions they had as med students and discuss if those interactions shaped how they work with residents now