

## Haiku Challenge

For: Virtual Trainings (Team Bonding)

Duration: 20 minutes

Purpose: This exercise is meant for people to use their creativity to laugh and bond together.

Supplies: Paper and pens for each participant.

### Instructions:

A traditional Japanese haiku is a three-line poem with seventeen syllables, written in a 5/7/5 syllable count. Often focusing on images from nature, haiku emphasizes simplicity, intensity, and directness of expression.

1. Give instructions on how to write a haiku (can give a theme – something to do with their department)
2. Set a timer (5-7 minutes)
3. When the timer goes off have everyone read their haikus
4. Can make a competition on who has the most creative or best poem

### Debrief

- What did they learn about their coworkers?
- How difficult was the activity?
- What did they like about the activity? Didn't like?

Haiku examples you can share at the start:

Forty pound backpacks  
No longer! We have tablets  
Now I'm going blind  
—Matt Richmond  
Research analyst  
Thomas B. Fordham Institute, Washington, D.C.

Counting the days while  
outside summer sun beckons  
just one more worksheet  
—Deborah Eve Barolsky  
Teacher  
Arlington, Mass.

