

# Retreat Introductory Games

Group Resume

2 Truths and a Lie

Commercial

Mingle Bingo

Pictionary

# Penn State Children's Hospital

## 'Get to know you exercise'

### Group Resume

This is a great game to play with new interns during orientation. It's a fun and non-intimidating way to get to know each other in a short amount of time. Plan on 30 minutes for the group to work on the resume then 2-3 minutes for each group to present.

1. Divide participants into groups of 4 - 6 members. Have the group count off by 4 (higher or lower number depending on your group size) to assure each group has a mix of residents who may not know each other.
2. Tell the groups that within each one is an incredible array of talents and experiences.
3. Suggest that one way to identify and publicize the group's resources is to compose a group resume.
4. Give the groups markers and large newsprint (flip chart) on which to display their resume. It should include any data that sells the group as a whole, such as information about educational background, schools attended, total years of schooling, positions held, professional skills, past work experience, hobbies, talents, travel, family, major accomplishments, publications ( residents like listing total debt!).
5. Invite each group to present its resume and then celebrate the total resources contained within the entire group.

# Penn State Children's Hospital Retreat Game

## 2 Truths and a Lie

This is an effective game to play in a group that knows a little about each other. Requires some creativity on the part of the residents. Give each resident 10 minutes to complete their card

1. Each resident gets a blank 3x5 index card and a pen.
2. Each resident is instructed to write down 2 personal facts not previously shared with the group (truths) and 1 thing that is not true about them (the lie) but somewhat believable. The 3 listed items should not be in any certain order and must be legible.
3. The facilitator collects and shuffles the cards. One at a time, each resident picks a card and reads it aloud to the group. The group has 1 minute to decide who this card belongs to and which item is the lie. You can give them 2 or 3 chances.
4. Facilitator keeps track of which residents fooled the group. Either the group did not guess the right resident or the group did not guess which item on the card was the lie. The winning residents receive self-congratulatory praise...maybe even a prize!!

## **Television commercial**

1. Divide participants into teams of no more than 6 members.
2. Ask each team to create a thirty second TV commercial that advertises their group and what it offers to the entire PL\_\_ class and to the residency program in general.
3. Your commercial should contain a slogan and visuals. (e.g., “Coke’s the real thing” or “Just do it”)
4. Utilize the items available to you in the room to make a visual product to show while presenting your commercial to the entire group. A team may act out the commercial if they choose to.
5. It must be a product of each group member’s ideas.
6. Before the teams begin, discuss the characteristics of well-known commercials to stimulate creativity (e.g., use of a well-known personality, humor, sex appeal).
7. Ask each team to present their product. Praise everyone’s creativity.

# Penn State Children's Hospital Retreat Game

## MINGLE BINGO

A game that allows residents to learn interesting facts about each other while mingling through the crowd.

Goal: To be the first to fill in their entire grid with initials of other residents.  
For a shorter version, the winner can be the first to get Bingo – completed blocks in the horizontal, vertical or diagonal positions.

Directions:

- Each resident is given a blank grid. The # of spaces on grid to be determined by facilitator (example attached).
- Facilitator calls out items and each resident writes them in the blocks in a random order. (A list is attached though you can make up your own!)
- Once grid is filled in, residents must go around the room and read an item to another resident...if that resident confirms they have done the task or fulfilled that specific item, that resident puts their initials in that specific block. That resident can only fill in one item during that interaction.
- Residents move on to another person, asking them a specific item.
- Residents cannot go to a person and say "initial all the things that you have done." Resident cannot go up to a person and say, "I've done that, and I'll sign your grid". The resident must ask one item at a time.

## MINGLE BINGO

Call out these items and residents will write them into each block on their grid.

1. Has an unusual pet.
2. Watches 'Saturday Night Live'.
3. Has worked as a wait person.
4. Has performed on stage.
5. Has >4 siblings.
6. Is a vegetarian.
7. Likes to skinny dip.
8. Born in \_\_\_\_\_ (pick a state).
9. Owns a home.
10. Attends religious services regularly.
11. Has read a novel since July.
12. Sings in a choir.
13. Is fluent in another language.
14. Has climbed a mountain.
15. Has lived in another country.
16. Loves Thai food.
17. Is an only child.
18. Is a registered Republican.
19. Has been arrested.
20. Likes to work on cars.
21. Plays a musical instrument.
22. Varsity athlete in college.
23. Has studied dance.
24. Is a parent.
25. Has a food allergy.

# MINGLE BINGO


**Stony Brook Pictionary** - play the game with the following words.

Night Float  
Evidence-Based Medicine  
Orthopedic Surgery  
Denver Developmental screen  
Procedure Log  
SARS  
PIC Line  
American Board of Pediatrics Certifying Exam  
Conscious Sedation  
Anticipatory Guidance  
Cystic Fibrosis  
Pizza  
PMD  
Subintern  
ADHD  
Nurse Practitioner  
Patient Safety  
Pharmacy  
Lumbar Puncture  
Recruitment  
Cafeteria Food  
Breastfeeding  
Jaundice  
Newborn Nursery  
Feedback  
Continuity Care Clinic  
Community Medicine  
Cultural Competency  
Reach Out and Read  
Pulse Oximetry  
IV Fluids  
CT Scan  
Intern  
Senior Resident  
Pediatric Ward  
NICU  
Premie  
Mock Code  
On Call  
Urinalysis  
Neurosurgery  
Vacation

Chief Resident  
On Call Room  
Abnormal Laboratory Value  
MD Consult  
Emergency Room  
Pediatric Ward  
Otitis Media  
Nurse  
Morning Report  
Resident Retreat  
Beeper  
Lab Coat  
Harriet Lane  
ID Tag  
Stethoscope  
Orientation  
Noon Conference  
Grand Rounds  
Immunization  
Ethics Conference  
Progress Note  
History and Physical  
Medical Student  
PICU  
Health Calls  
Attending Rounds  
Sign Out Rounds  
Blood Gas  
Chest X-Ray  
Discharge Summary