

Metro North Health CULTURE & ENGAGEMENT



Amazing Race: Workplace edition

Time: Approximately 90 to 120 minutes.

Materials needed: Varies depending on chosen tasks and clues.

Participants: Team or department.

Values in Action: Teamwork, Respect, High Performance.

Outcomes: Strengthens collaboration, builds team morale, and reinforces workplace values through fun and creative problem-solving.

Purpose

This activity boosts teamwork, collaboration, and fun by getting teams to complete creative challenges across various work locations.

How to run the activity

- Choose 4–6 challenge stations located across different areas of your workplace.
- Design a mix of tasks (physical, mental, creative, values-based) for each station.
- Create simple clues or directions to guide teams from one location to the next.

Tip: Include at least one challenge that reflects your workplace values (e.g. "Compassion Challenge – write a thank-you note to a colleague").

Step 2: Set the rules and prep teams

- Divide participants into small, evenly sized teams (3–5 people).
- Explain the goal: Complete as many stations as possible, as quickly (and correctly!) as possible.
- Provide each team with a race sheet, a pen, and the first clue.

Step 3: Start the race

- Begin the race with a countdown and hand out the first clue.
- Teams navigate to each station, complete the challenge, and collect a stamp or code to verify completion.

Step 4: Celebrate the finish

- The first team to complete all tasks (or the most within the time limit) wins.
- Celebrate with a small prize or shout-out and debrief to reflect on teamwork and highlight great moments.

Optional add-ons

- Include a photo or video task at one station.
- Make one station values-themed (e.g., "Integrity Quiz").
- Use a leaderboard to track progress in real time (whiteboard or digital).

Tips for success:

- Design challenges that are inclusive, light-hearted, and varied.
- Use a mix of problem-solving, communication, and action-based tasks.
- Recruit helpers to run each station and stamp completion cards.
- Be flexible — the focus is fun and team connection, not perfection!