

Escape rooms are filled with clues that small groups use to work through puzzles and activities to “unlock” the door and escape the room. The goal is to encourage teambuilding through problem solving and creative thinking for a group of individuals.

INSTRUCTIONS

Multiple teams can do the escape room and compete for the best time. An example room is available for use in the resources section below, or you may choose to create your own.

CONSIDERATIONS FOR ORGANIZERS

Creating/Choosing Escape Rooms

- Puzzles and activities should be appropriate for all educational backgrounds to ensure all staff can participate. While the example room is laboratory themed, rigorous scientific knowledge is not needed to complete the puzzles. If designing your own escape room, be sure to provide any relevant reference material to help complete knowledge-based puzzles.
- Creating an escape room could also be an activity in itself. This could take a period of several hours, depending on the complexity of the room, and may work best as an activity for a committee over a period of several weeks.

Facilitation

- This activity can accommodate a variable number of people. Teams can be formed and take turns in a physical space or virtual breakout rooms. Recommended team size is three–five people, but larger groups may also work.
- When considering in-person space, ensure room for social distancing.

RESOURCES

- [Laboratory Escape Room](#)
Play with this ready-to-use escape room, built for a laboratory setting.
- [Create Your Own Escape Room](#)
Use the resources in this folder to create your own room (includes an editable escape room, links to other activities, forms, videos, and more).
- [Escape Room Video Tutorial](#)
Learn how to create an interactive digital escape room using Google Slides, Docs, Forms and YouTube.



ABOUT THE ACTIVITY

Focus Area: Team building

Format (Virtual/In Person):

Virtual or in-person

Venue:

Virtual: video conferencing platform with shared screen options (e.g. Zoom/ Microsoft Teams)

In-person: conference room with large screen

Activity Time: 45–60 minutes

Diversity, Equity & Inclusion Considerations

Consider people who may need descriptive text options for electronic resources.