

# APPRECIATION CIRCLE

Being recognized at work helps us see how we contribute to our team's success. It makes us feel valued and part of a larger purpose. Use this activity to bond with your team and appreciate each other's efforts. It's a great way to reset, refresh and recharge your team, and best of all, can be done on a regular basis in creative ways that go beyond this activity!

→ [TheWellnessSandbox.ca](http://TheWellnessSandbox.ca)

**TIME TO COMPLETE:** 10 to 15 minutes



## Instructions:

- 1 Ask participants to form a large circle. If the group includes more than 10 people, consider splitting into two or more smaller groups.
- 2 Invite participants to share one thing they appreciate about the person sitting on their right.
- 3 Time permitting, invite participants to share a similar thought or reflection about the person on their left.

## Discussion:

- How did it feel hearing what your co-workers appreciate about you? Did anything surprise you?
- As a team, do you feel we take enough time to recognize and appreciate each other?
- How can we incorporate team recognition more often into our workdays?

**Challenge** your team to incorporate appreciation activities into their day-to-day work. Brainstorm how they'd apply this practice to their interactions with colleagues. What ideas can you bring back to the workplace to make recognition and appreciation a common practice?

## Sources

- Murphy, Jeff. (n.d.) Team Building Activities & Games for Work. *Snack Nation*. <https://snacknation.com/blog/team-building-activities-for-work/>
- Loucks, Micah. (2016, December 7). What employees actually need from managers. *Michigan State University Extension*. [https://www.canr.msu.edu/news/what\\_employees\\_actually\\_need\\_from\\_managers](https://www.canr.msu.edu/news/what_employees_actually_need_from_managers)

