



INCLUSIVE ACTIVITY

APPRECIATION CIRCLE

DURATION: 15 minutes

PURPOSE:

This activity promotes respect and gratitude among team members. It also allows them to build stronger relationships.

PREPARATION:

This activity is best run in person

Arrange chairs in a circle if the room is big enough

STEPS:

1. Ask each group member to turn to their right and think of something they appreciate about the person.
2. Give each member a chance to share their appreciation with the person next to them. Repeat the process until everyone has had a turn.
3. You can repeat the process by going to the person on their left.
4. Discuss how this activity made people feel and how it can be implemented regularly to maintain respect within the team.

@ Team Building World 2024



“We celebrate our diverse culture where everyone’s contribution is welcomed and valued.”

WHAT ROLE MODELS DO:

- **Respectful** - Understand differences & respect Individuality.
- **Authentic** - Strive for honest & genuine interactions.
- **Diversity Champions** - Invite & listen to the views & opinions of others.

LEADERS ALSO:

- **Respectful** - Create team environments where it feels safe to ask questions, share views, & challenge non-inclusive situations.
- **Authentic** - Are consistent & transparent with how colleagues are led & motivated.
- **Diversity Champions** - Ensure a diverse range of people are involved with making decisions or generating ideas.