

CONCENTRIC CIRCLES CONVERSATIONS

- Duration: 2-3 minutes per question asked
- Instruct participants to gather in 2 circles, each with the same number of people in them. Each circle will have half of the group. Invite one circle to stand around the other, with each person on the inner circle facing exactly one person on the outer circle.
- Invite the participants to speak with their partner on a given prompt. After 2-3 minutes of conversation, instruct one circle to move one spot clockwise. Now, everyone should have a new conversation partner. Ask another question for discussion. Continue for as many questions as you would like the group to discuss. Provide time for some shares from the dyad conversations.
- Prompts:
 - Introduce yourself with your full name and any history or significance associated.
 - Why did you choose to work on this team?
 - What is your favorite Southern California thing to do outside of work?
 - What are you proud of at and outside of work?
 - What do you care about deeply?
 - What motivates you to do a good job?

GRATITUDE ROUND-UP

- Duration: 10-15 minutes
- In this activity, you'll show the [linked video](#) to get participants thinking about gratitude (or a similar video illustrating the importance of gratitude).
- Next, you'll play music while folks write messages of appreciation to their colleagues using printed sheets featuring only their name. You'll find some prompts below to get their gratitude messages flowing. When people are finished writing messages, you may either pass out the sheets to each person, or hold onto them, frame them, and present them to the employees at a later date.
- Prompts:
 - Consider someone who has helped you without being asked
 - Consider someone who has championed your growth
 - Acknowledge someone who offers you fresh perspectives
 - Acknowledge someone who is thoughtful and caring
 - Appreciate someone with whom you have a personal friendship
 - Appreciate someone who challenges you to be better

WHO DONE IT?

- Duration: 15 minutes
- Instruct participants to write a true fact that most people don't already know – the more unbelievable, the better. Collect all the cards (separate them into two piles if two teams are playing). Shuffle the cards and then pass them back out.
- Each person (or team) takes turns reading aloud their card and then the reader must guess whose fact he or she read. After he or she guesses, the guessed person simply says "yes" or "no". If playing in teams, keep score for correct guesses and tally totals at the end.
- If the person guesses correctly, the guessed person may explain what they wrote (if desired). The guessing continues until all cards are read. Everyone reveals who wrote which card at the end.

HOW ARE YOU?

- Duration: 2-3 minutes per participant
- Frame this activity by asking the value of checking in with yourself about how you are doing. Most people simply respond "Good" to the question "How are you?" despite that rarely being an authentic answer. This activity pushes past our typical response into a more authentic conversation.
- Put up a list of emotions in the big group and have participants focus on 4-6 feelings/emotions from the list they are feeling today.
- Once they have a few words, ask the participants to share in the large group or in smaller groups for a more intimate discussion.
- End the activity by discussing some of the words that were brought up and how we feel many different emotions each day. Remind the group that positive and challenging emotions are typically felt each day and sometimes in the same moment.
- Sample list:
 - Afraid, Alone, Alive, Awkward, Beautiful, Bored, Brave, Bright, Bubbly
 - Calm, Cheerful, Confused, Determined, Disappointed, Discouraged
 - Distracted, Eager, Empathetic, Excited, Exhausted, Free, Frustrated
 - Fun, Grateful, Grounded, Happy, Healthy, Hopeless, Hopeful, Impatient
 - Indifferent, Inspired, Joy, Lazy, Left Out, Lonely, Lost, Loving, Magical
 - Majestic, Nervous, Open, Patient, Peaceful, Playful, Relaxed
 - Sad, Scared, Spontaneous, Spunky, Vulnerable

NAME THAT TUNE

- Duration: 5 - 15 minutes
- Begin playing a popular song from a certain theme, from a curated list that fits the group, or at random.
- Ask participants for song title, album, artist, or what movie or tv show the song is prominently featured in.
- For a competition, keep track of correct responses and set a goal for the winner of 3, 5, or 10 correct answers.
- Sample categories and songs:
 - Disney songs ("How Far I'll Go," "A Whole New World," "You've Got A Friend In Me")
 - Contemporary pop songs ("Dance the Night," "Cruel Summer," "Players")
 - 80's rock songs ("Livin' On A Prayer," "Free Fallin'," "We're Not Gonna Take It")
 - Holiday songs ("White Christmas," "Jingle Bell Rock," "It's Thanksgiving")
 - Songs with *love* in the title ("Love Song," "Lovely Day," "Love Yourself")

Please reach out to Human Resources for additional activities or team building support at engagement@pepperdine.edu.