

‘Taking Notice of wellbeing’ team game

This activity gives teams an opportunity to **TAKE NOTICE** of the actions and activities happening in their team that support wellbeing. It offers a chance to acknowledge team members for the little things they do that are appreciated by others. People get to practice giving feedback.

Importantly, it reinforces wellbeing actions and gives team members a chance to think about how these make them feel. Your team will have a chance to **Connect, Keep Learning, Take Notice, Give (and a little Be Active)**. It works well for team building and team meetings.

Getting ready:

Print out the ‘Taking Notice of Wellbeing’ cards.

Instructions:

1. At your team meeting, set a challenge for team members to Take Notice of the Five Ways happening at work.
 2. Give each person a ‘Taking Notice of Wellbeing’ card and ask them to write down when they notice someone doing one of the Five Ways. (Tell them everyone will be sharing these at the next meeting, and it’s ok to note the things they do as well as others in their team.)
 3. You may like to reward people for:
 - Noticing the highest number of wellbeing actions relating to Connect, Give, Take Notice, Be Active, Keep Learning.
 - Identifying all Five Ways in action.
 - Being the person most mentioned by other people for doing the Five Ways.
 - Being the top-rated team member for Give, for Take Notice, for Keep Learning, for Be Active and for Connect.
- Note:** You could also create this as a friendly competition between teams, so they are asked to notice what wellbeing actions are happening in other teams. Have rewards for the team that notices the most and for the team that is mentioned the most. This will likely encourage teams to both increase the number of wellbeing activities they do and also publicise what they are doing.
4. Set time aside at the next team meeting to report back. You could do this by:
 - Summarising the results from the cards (so you’ll need to gather the cards up prior to the meeting).
 - Ask team members to each speak about one action they thought was particularly outstanding and one idea they would like their team to try.
 - Ask if people found any of the Five Ways easier or harder to notice, or if they think there are ways to make some of the Five Ways easier to do.

‘TAKING NOTICE OF WELLBEING’ CARDS

	WHO	WHAT (briefly describe the action taken)	HOW IT HELPED WELLBEING
 <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>			
 <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>			
 <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>			
 <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>			