

'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. 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.

Instructions:

1. Print out the 'Taking Notice of Wellbeing' cards (see next page).
2. At your team meeting, set a challenge for team members to Take Notice of the Five Ways in nature happening at work.
3. 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.)
4. 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 nature, in action.
 - Being the person most mentioned by other people for doing the Five Ways in nature.
 - Being the top-rated team member for Give, for Take Notice, for Keep Learning, for Be Active and for Connect.
5. Set time aside at the next team meeting to report back. You could do this by:
 - Summarising the results from the cards (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 in nature easier or harder to notice, or if they think there are ways to make some of the Five Ways in nature easier to do.

	WHO	WHAT (briefly describe the action taken)	HOW IT HELPED WELLBEING
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Give

KEEP LEARNING

BE ACTIVE

CONNECT

TAKE NOTICE

Give

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