

ACTIVITY: Gratitude Letter

Purpose

- To explain our biological need to connect with other people.
- To fulfill our need to connect with people.
- Get to know others that we don't know well.

ESTIMATED TIME

20 minutes

MATERIALS

Optional:

- A. Paper
- B. Pen

Background

Humans are social animals who are hard-wired to bond and depend on other humans. So, the basic need for healthy relationships is built into our genetics. Strong relationships provide support in difficult times that require resilience. These relationships don't need to be limited to our family, friends, neighbors, etc. We should look to develop these strong relationships at work also because we spend so much time with the people we work with. And yet, we don't always get a chance to get to know someone at a deeper level. To lay a foundation for a stronger and deeper relationship, we need to get to know one another.

Activity

1. Split group into pairs – either pair them up with someone they don't know or ask them to find someone that they don't know well.
2. Inform the pairs that they will be learning new information from one another and after they are finished with their sharing, they will report out what they learned with the rest of the group.
3. Ask the pairs to have a brief conversation (5-10 mins), sharing information about themselves. Conversation prompts including: Children/animals/favorite song/favorite show/favorite vacation destination/favorite restaurant/hobbies/person they admire/etc.
4. Go around the group and ask each pair to introduce their partner's name and a few interesting things they learned about the individual. It should look like this:
"This is Sally and she has 2 children, just got back from vacationing in Colorado, and loves to quilt in her free time."

Discussion Questions/ Key Points

- Do you feel like you know each other better than before?
- How did it feel to introduce your new friend instead of introducing yourself?
- If we spent time getting to know our peers, leaders, and others better, how might that impact our experience and happiness in the workplace?
- What else can you do to get to know the people you work with?

PERMA Model

<https://positivepsychology.com/perma-model/>

Peer Introduction Game

<http://www.funretrospectives.com/peer-introduction-game>