



ACTIVITY

TAPS THAT BUILD TRUST

A quiet way to show appreciation, spark reflection, and strengthen your team

This low-lift, high-impact tapping activity helps educators recognize each other with simple, silent gestures—fostering a deeper sense of connection and care without saying a word.

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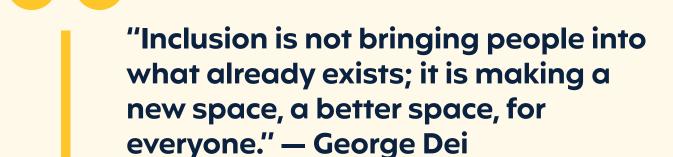




SIMPLE IN STRUCTURE, POWERFUL IN IMPACT.

This activity is designed to build connection, trust, and community among team members. It invites everyone to slow down, reflect, and recognize the strengths, kindness, and impact of the people around them—without saying a word.

This activity creates a safe, positive space where everyone feels seen and appreciated. It's not about loud recognition—it's about the quiet power of knowing you've made a difference. Especially at the start of a new school year, it offers a gentle, meaningful way to celebrate the people who make your team stronger—together.



WHY TRY IT?



Purpose:

Tap Into the Good Vibes is a reflective team-building activity that fosters authentic connection, appreciation, and trust. Through anonymous shoulder taps and thoughtful prompts, participants quietly and sincerely recognize each other's personal and professional strengths.



When to Use It:

Perfect for back-to-school staff development, closing reflections, or anytime your team needs a morale boost. It's also easily adapted for classrooms, helping students build empathy and celebrate one another in a quiet, inclusive way.



Key Benefits:

- Creates a positive, low-pressure space where individuals feel seen and supported.
- Strengthens team bonds by highlighting unique contributions and building relational trust.
- Requires no materials or prep and works with any group size or setting.



Pro Tip: Model vulnerability by joining the circle when it's your group's turn. Your willingness to participate shows staff that appreciation flows in all directions—and helps create a safe, trusting space where everyone feels valued.

ACTIVITY DIRECTIONS

Divide the Group:

- Count off to split participants into smaller teams (about 4–6 groups, depending on the size).
- Each group will take turns stepping into the center of a large circle.

How It Works:

- One group at a time moves to the center.
- Everyone else remains on the outside of the circle with their eyes closed.
- A facilitator reads a prompt aloud, such as:
 - o "Tap someone who inspires you."
 - "Tap someone whose kindness has made a difference."
 - "Tap someone who makes you smile."
- The group in the center silently walks around and gently taps the shoulder (or hand) of people who fit the prompt.
- Encourage participants to:
 - Be genuine.
 - Be generous.
 - o Move quietly and respectfully.

Rotate the Groups:

- After a few prompts, thank the current group and invite the next group to step into the center.
- Continue until every group has had a turn.



ACTIVITY REFLECTION IDEAS

Optional, but powerful ways to bring closure and deepen the impact.

Wrap-Up Reflection:

- Invite participants to share what it felt like to give or receive taps.
- Close with words of gratitude for the group, highlighting the positive energy they've created together.
- Optional prompt: "What's one word that describes how you're leaving this space today?"

Reflection Card Printable:

Hand out these cards at the end of the session to give staff a quiet moment for personal reflection or as a meaningful closing activity. Encourage them to keep the card at their desk as a reminder of the positive celebrations during the activity.

Group Reflection Poster:

Turn reflection into a lasting visual reminder of your team's positivity. Hang a poster in a central spot like the staff lounge and invite staff to add their thoughts over the week. It creates a growing display of gratitude to revisit during future meetings for a quick morale boost. **Prompts for sticky notes:**

- What did this activity remind you about our team?
- How did it feel to be seen and appreciated?
- One way I'll spread good vibes this year is...

Leadership Wrap-Up Script:

"Take a deep breath and think about how it felt to give or receive a tap. In this quiet way, we've reminded each other that small actions make a big impact. Before we go, turn to someone near you and share one word that describes how you're leaving this space today."

Activity Printables



PROMPTS TO UPLIFT, RECOGNIZE, & CELEBRATE:

"Tap someone..."

- 1. Who makes you laugh
- 2. Who you wish you had met earlier
- 3. Who has a big heart
- 4. Who you want to get to know better
- 5. Who you admire
- 6. You would turn to for help
- 7. Who you believe in
- 8. Who is hardworking
- 9. Who made you reflect
- 10. Who is brave
- 11. Who brightened your day?
- 12. Who you learned something from
- 13. Who is detailed
- 14. Who has something special to offer
- 15. Who has made you try harder
- 16. Who has inspired you
- 17. Who communicates well
- 18. Who is fun to be with
- 19. Who you feel supported by
- 20. Who gives it their all
- 21. Who is empathetic
- 22. Who has given you a good advice
- 23. Who is caring
- 24. Who makes you feel grounded
- 25. Who is strong



"Tap someone..."

- 26. Who challenges you
- 27. Who you appreciate
- 28. Who is resourceful
- 29. Who is artistic
- 30. Who is resilient
- 31. Who has a good sense of humor
- 32. Who is creative
- 33. Who is reliable
- 34. Who is patient
- 35. Who is flexible
- 36. Who is passionate
- 37. Who has motived you
- 38. Who is compassionate
- 39. Who is generous
- 40. Who has taught you something important
- 41. Who you trust
- 42. Who is a friend
- 43. Who is a good listener
- 44. Who is forgiving
- 45. Who you are proud of
- 46. who you are there to support
- 47. Who has touched your life
- 48. Who lifts up others around them
- 49. Who helps you see things differently
- 50. Who is quietly changing lives



This simple but powerful experience helps individuals feel seen, valued, and uplifted—without a spotlight or stage.



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ACTIVITY REFLECTION NAME:	ACTIVITY REFLECTION NAME:
One word to describe how I felt receiving a tap:	One word to describe how I felt receiving a tap:
One word to describe how I felt giving a tap:	One word to describe how I felt giving a tap:
A strength or kindness I noticed in others today:	A strength or kindness I noticed in others today:
Something I want to carry forward from this activity:	Something I want to carry forward from this activity:

COLLABORATION

BUILT BY EDUCATORS, FOR SCHOOL LEADERS

This resource was created in collaboration with dedicated educators and school leaders who brought their experience, ideas, and insight to every step of the process. We're grateful for their partnership in building tools that truly make a difference in schools.





WE'RE SO GLAD YOU'RE HERE!

Thanks for downloading this resource—at <u>Alpaca</u>, we're on a mission to **make school the happiest place to work**.





Tried an activity?

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Got an idea brewing?

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