



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.

Brought to you by your pals at

**alpaca**

# 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.**



**"Inclusion is not bringing people into what already exists; it is making a new space, a better space, for everyone." — George Dei**

# 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:
  - "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.
  - 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 motivated 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.**



# 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 motivated 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.**

# ACTIVITY REFLECTION

NAME:



One word to describe how I felt receiving a tap:

---

One word to describe how I felt giving a tap:

---

A strength or kindness I noticed in others today:

---

---

---

Something I want to carry forward from this activity:

---

---

---

# ACTIVITY REFLECTION

NAME:



One word to describe how I felt receiving a tap:

---

One word to describe how I felt giving a tap:

---

A strength or kindness I noticed in others today:

---

---

---

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.



**Wendy Thamm**

Behavior Interventionist  
Omaha, NE

# WE'RE SO GLAD YOU'RE HERE!

Thanks for downloading this resource—at [Alpaca](#), we're on a mission to **make school the happiest place to work**.



## Tried an activity?

Send a photo or a staff testimonial to [our team](#), and we'll send you a coffee on us!



## Got an idea brewing?

We love co-creating with school leaders—[drop us a line](#) with any resource ideas you'd love to see next.



## Explore more!

Check out our [full resource library](#) for creative, ready-to-use tools to support you and your team.



## SEE HOW ALPACA WORKS

Beautiful surveys, delightful care packages, and real insights on teacher wellbeing—everything you need to lead with confidence, all in one simple solution. [Book a quick demo!](#)