

# Brainstorming

## “Thank you” activity

### Team building tool

This activity is designed to stimulate thankful thinking and practice brainstorming with a specific goal in mind. It can also help the team get better acquainted with one another and spark conversation. Team building is the goal, so get to know each other.

### Time and resources

**Time required:** 30 minutes

**Resources:** materials to write with (whiteboard, pen and paper, flipchart paper) so you can record all the ideas you discover while brainstorming

### Considerations for use

**When to use:** this activity can be used in any setting with any group of individuals. You can use it for a group that is just getting to know each other or a group that knows each other and needs active bonding.

**What type of group:** all types of groups, preferably a larger group of 6-35 people

### Instruction for participants

1. Split room up into teams or groups of 2-5 people
2. Have each group come up with ways to express thankfulness in their everyday life – at home and at work. Give the groups 8 minutes to come up with as many options as they can. We are going for quantity over quality. Of course, we want good ideas, but this is purely a brainstorming session, so all ideas are welcome.
3. Let the group(s) know when they have 1 minute left. After 8 minutes, survey each

group. The group with the most ideas gets a prize or bragging rights. Encourage applause for the winning group. Ask each table to share one of their ideas.

4. Close out by asking the group for examples of where they could use this brainstorming technique. Encourage discussion around the versatility of brainstorming in different environments. Remember to thank the group.

### Possible debrief questions

You can use these questions to get the debrief started. Feel free to use any of these or come up with your own.

1. What surprised you about this activity?
2. How did you feel about sharing your ideas with the group?
3. What challenges did you have coming up with new ideas along the way?
4. What commonalities did you discover about each other's ideas?
5. Each person brings a new perspective. How did you incorporate new perspectives into your ideas?
6. What work-related example felt like a new idea you could start doing right away?
7. How do personal values or life experiences affect how people express gratitude?
8. What did your group do to make it easier to come up with ideas?

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