



## Positive Vibes



This exercise is designed to get some positive sharing and discussion going with a group. This activity can work well in person as well as when using telehealth. There is a main version and an alternate challenge version.

### **Directions - Version 1 – Standard: Share and Discuss**

Everyone in the group should get one of the “positive vibes word topics”. The group leader can let people choose their own or assign them. One way to do this with telehealth is to cut and past the word definitions into messages using the chat function available on most telehealth platforms. In person, you can cut the words out and have people select from a pile at random or else pass them out. Its up to the group facilitator

Next, taking turns one by one, group members should share with the rest of the group about their positive vibes word topic. There is only one rule: **Keep it positive**

People can share any way that they want too as long as they keep it positive, but for those who may have difficulty with this, here are some suggested guidelines for sharing:

- ❖ **What does your word mean to you personally?**
- ❖ **What are some examples of this in your own life?**
- ❖ **What do you personally think helps to increase this positive thing in your life?**

When each person is done sharing, to increase the positive vibes applaud if you want too. Then before the next person shares, process some of the group’s reactions and feelings about the presentation together as a group. Some suggested process questions for group members (optional):

- ✚ **What stood out to you about the presentation on this positive word?**
- ✚ **Can you relate to anything you heard?**
- ✚ **What can you use or apply in your own life with what you heard about this positive vibe word?**

### **Version 2 – Challenge: Share, GUESS and Discuss**

Version 2 is more of a challenge and may be better for a more experienced and cohesive group than version one which could work for just about any group.

Version 2 for this activity adds one challenge – The person sharing should not use their word in their presentation. Then, after the presentation allow group members to try to guess the topic based on what they heard. Then proceed with the follow up discussion as in Version 1



## Positive Vibe Word Topics

In harmony with the “Positive Vibes” title of this exercise, all of the word topics are positive and uplifting, so this should hopefully contribute to productive and inspiring discussion and an overall positive feeling among the group members. *The more people open-up, express, share, and show support with one another the better!*

<p><b>Love</b> - a profoundly tender, passionate affection for another person - a feeling of warm personal attachment or deep affection, as for a parent, child, or friend.</p>	<p><b>Peace</b> - freedom of the mind from annoyance, distraction, anxiety, an obsession, etc. - a state of tranquility or serenity</p>	<p><b>Courage</b> - the quality of mind or spirit that enables a person to face difficulty, danger, pain, etc., without fear; bravery.</p>
<p><b>Compassion</b> - a feeling of deep sympathy and sorrow for another who is stricken by misfortune, accompanied by a strong desire to alleviate the suffering.</p>	<p><b>Perseverance</b> - steady persistence in a course of action, a purpose, a state, etc., especially despite difficulties, obstacles, or discouragement.</p>	<p><b>Hope</b> - the feeling that what is wanted can be had or that events will turn out for the best - to look forward to with desire and reasonable confidence.</p>
<p><b>Patience</b> - quiet, steady perseverance; even-tempered care – composure, restraint</p>	<p><b>Gratitude</b> - the quality or feeling of being thankful - appreciation</p>	<p><b>Generosity</b> - showing a readiness to give more of something – Sharing without hesitation</p>
<p><b>Respect</b> - regard for the feelings, wishes, rights, or traditions of others.</p>	<p><b>Wisdom</b> - the quality of having experience, knowledge, and good judgment; the quality of being wise</p>	<p><b>Kindness</b> - having or showing a tender, considerate and helpful nature</p>
<p><b>Forgiveness</b> - ready and willing to let go - allowing room for error or weakness</p>	<p><b>Loyalty</b> - a strong feeling of support or allegiance – faith - devotion</p>	<p><b>Understanding</b> - sympathetically aware of other people's feelings; tolerant and empathetic.</p>
<p><b>Happiness</b> - a state of well-being and contentment – joy</p>	<p><b>Resilience</b> - the capacity to recover quickly from difficulties, toughness.</p>	<p><b>Honesty</b> - truthfulness, sincerity, or frankness. Freedom from deceit</p>