

Happy School Teams Board Game

30 questions to explore with your colleagues

1. Is happiness a good thing? Or does it just simply feel good?
2. What are the benefits of a happy workplace?
3. Do the people you work with feel good when they get their jobs done?
4. Does having a sense of control over your work contribute to your happiness?
5. Do you consider yourself to be a happy person 0 – no 10 - very happy
6. Compared to your peers are you more or less happy than most?
7. Do you see obstacles as temporary setbacks?
8. Do you respond well to challenges?
9. What situations create the strongest stress reaction for you?
10. Are you getting enough sleep on work nights?
11. Are you prone to blow a crisis out of proportion?
12. Do you actively build strong relationships with your work colleagues?
13. Are you durable? Do you hold up well during tough times?
14. Are you usually optimistic?
15. Can you accept high levels of uncertainty and ambiguity?
16. Are you playful? Do you look for humour in everyday situations?
17. Are you curious? Do you ask lots of investigative questions?
18. Are you good at solving problems in creative ways?
19. Do you avoid leaving the success of your relationships to chance?
20. Do you prevent conflicts and misunderstanding amongst your colleagues?
21. Name two values you hold near and dear?
22. Do you create opportunities to put your values into practice?
23. Would five other staff share your top four values?
24. People who savour more are happier. What do you savour?
25. Expressing gratitude bolsters self-worth. Say thank you to someone today.
26. Make making someone else happy your number one priority.
27. Take the time to linger on those things that delight you.
28. Try smiling your way to happiness. Turn around now and share your smile.
29. Give yourself permission to be happy.
30. Increase your mind's capacity for happiness by meditating on happiness.



Funderstanding