



# POST IT REINFORCEMENT

TYPE:

Reinforcer

GROUP SIZE:

Any

MATERIALS:

Small Paper with a Sticky Back

INTRODUCTION:

This exercise will help team members provide and receive positive reinforcement.

DESCRIPTION:

Instruct each team member to write down words of encouragement and positive reinforcement for each team member. Ask team members to post their notes on the backs of each recipient.

PROCESSING:

- How did you feel when you wrote and posted your positive notes?
- How did you feel when you read the notes written to you?
- How is positive feedback facilitated in the organization?
- Post it notes are accessible every day. Regularly reinforce all positive endeavors and behaviors.

OUTCOMES:

- Pick me up
- Sense of renewal for team members
- Aids in team cohesiveness

REMEMBER:

- Introduce the exercise
- Explain it thoroughly
- Process it completely