



⭐ Celebration Circle Practice

Why Celebrate Together?

The Problem Loop

Teaching can feel like a constant problem-solving loop – what's unfinished, who's struggling, what's next. Our brains are wired for this "negativity bias."

The Gratitude Rebalance

Gratitude practices rebalance the system: savoring small wins releases dopamine and serotonin, building resilience.

The Connection Boost

Shared celebration also boosts oxytocin, the bonding hormone. This strengthens trust and connection among colleagues – an antidote to staff burnout and isolation.

- ☐ ⭐ Even five minutes of shared gratitude in a meeting can lift mood, build community, and remind teachers why their work matters.

Please share with credit

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How to Use the Celebration Circle

Solo Practice (*end of day or week*)

1. Write down one bright spot from teaching this week.
2. Name one colleague or student you want to celebrate.
3. Pause to notice how it feels to say or write it out.



Small Group Practice (*team meeting, PLC, staff check-in*)

01

Open

Invite each person to share **one small win** from the day or week. ("My student solved a problem they'd been stuck on.")

02

Appreciate

Invite each person to name **one person in the room or school they'd like to thank.**

03

Anchor

Close by taking one collective breath together or simply saying, *"We celebrate what we've carried together."*

Tips for Leaders/Facilitators

Keep it Short

5 minutes max

Model First

Share a small, specific win

No Pressure

Passing is always okay

Capture Wins

Record highlights on whiteboard or shared doc to build visible record of collective wins

Footer Note: Celebrating wins doesn't erase the challenges. It balances the story. By pausing to notice what's working, teachers build the resilience to keep going – together.