



🌟 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.

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.