



Positive Bombing

This activity focuses on conducting feedback through looking at positive features. Prepare yourselves by writing positive features about everyone else in the group. They should not complicate the instructions but to keep it simple by listing ordinary things the group members do or skills they have that contribute to the process.

Ask for a volunteer to be the first to receive feedback. Ask each member of the group to provide positive feedback to the volunteer.

When this round has finished, rotate on who is the volunteer until everyone has received feedback.

Complete a quick summary with these questions:

- How did it feel to give the feedback?
- How did it feel to receive the feedback?
- How can you use this concept in your team situation?