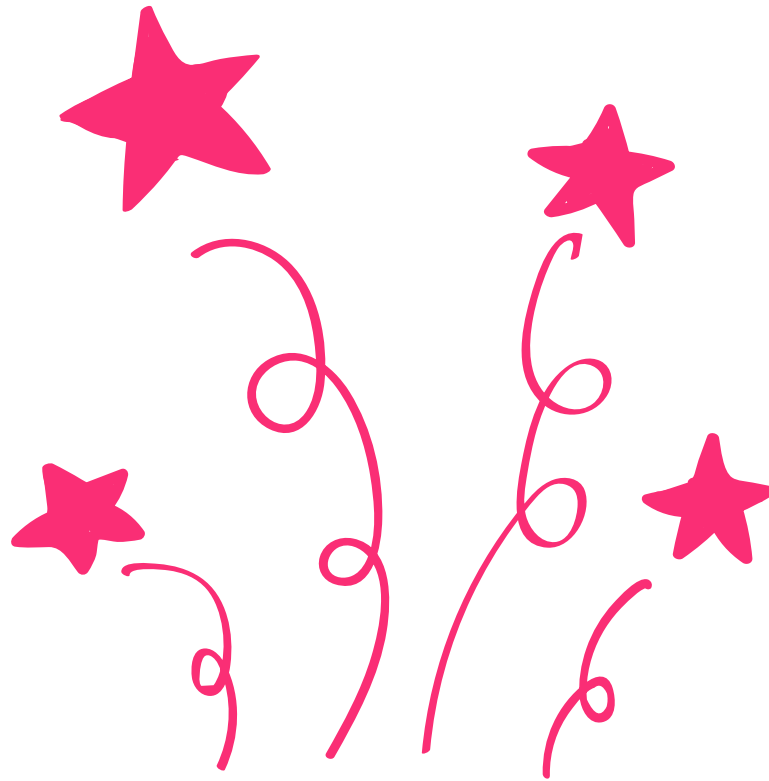




52 Morale Boosters for *Every Week* of the Year



Every now and then, your team needs a lift.

That's when morale boosters can be helpful to incorporate as a weekly occurrence. Every individual — even the most loyal of employees — gets bored and unmotivated from time to time.

With trying times like the pandemic nearly in the rearview mirror, lifting up your team's burned-out spirits can keep your retention rates where you need them. Additionally, knowing what brings down morale can help you stay proactive in keeping your team happy.

What destroys morale? A few things:

- Inconsistent employee treatment
- Very little employee recognition
- Ineffective communication methods
- Lack of discipline for problem employees

Thankfully, there are a variety of ways you can elevate morale in your workplace. If you're tired of the same old games, events, and rewards, this list of **52 morale boosters** will help shake things up.

This PDF offers one for every week of the year, making it easy to incorporate into the workweek as leadership sees fit.

Now go on and pick out an activity to enjoy a team morale boost!

1. Offer Educational Opportunities

Not only is training a great opportunity for employees to strengthen their skills, but it also makes them a stronger asset to your company. A few different ways you might offer this includes on-site training from outside sources, off-site seminars, workshops, or more.

2. Pay for an Employee Retreat

Retreats can be as short or as long as you want and serve as a great opportunity to refresh your employees' outlook and mindset. Weekly, you can try doing a "mini-retreat" getaway as a team to both play and work in a new and exciting setting. Once a year or once a quarter, consider taking your team off-site and into a new location to help stir up new creative ideas and problem-solving techniques.

Extended retreat ideas:

- Meditation retreat
- Outdoors adventure
- Solo employee retreat
- Visit the corporate headquarters city

The goal of employee retreats is to get company work done, but it is also about having some let-loose fun. Employee retreats are great for teammate bonding and in-person face-to-face time. On the other hand, personal retreats like wellness retreats or solo retreats offer the benefit of a reset and thinking time that your workers may not usually get.

3. Encourage Casual Fridays

Sometimes it's nice to just wear those comfy clothes. If your staff is usually dressed to the nines, give them an opportunity to relax and dress down on Fridays. You can opt to do it every Friday or once a month to give employees a break from the dress code. Blue jean Fridays are a favorite among many companies. Remind employees there are some parameters, if necessary.

4. Observe Employee Work Anniversaries

Work anniversaries are a big deal. Individuals are dedicating their talent and time for the good of your company daily. As a result, one of the easiest ways to remind them you appreciate them and their ongoing work ethic is to celebrate work anniversaries.

Know the employee well? Give them a personalized gift like:

- Spa day
- Gift basket
- Cooking classes
- Private music lessons

Handwritten thank you cards, paid time off, and luncheons to celebrate are also appropriate and appreciated by employees of all ages.

5. "Mug" Your Team

If you have an office full of coffee and tea drinkers, help them start their day off right with a little surprise on their desk. Leave a customized or company-branded coffee mug on your employees' desks with a box of tea or coffee or both for them to enjoy. Include a note of appreciation, and, if possible, call out a specific recent action of theirs that you appreciated.



6. Provide Tuition Reimbursement

There's no doubt that college — and obtaining a degree — is hard work and also expensive. If you have employees who have always wanted to finish their degree, offering tuition assistance is one way you can help.

The perks of offering tuition reimbursement:

- Earn a tax break
- Attract top talent
- Reduce turnover costs
- Enhance employees' skills

About half of those students who start a degree won't finish within six years as affordability and time are often barriers. Boost your employees' confidence in themselves by encouraging them — and providing financial support — to work toward a degree that matters to them.



7. Have a Fancy Coffee Station

What's better than free fancy coffee? Probably nothing for those bleary-eyed office workers who need caffeine to jump-start their day. Offer a variety of coffees and teas, along with sugar and multiple creamer options to enjoy. Have a company coffee station setup in a central location to encourage social connection and caffeination. When employees feel alert, they can do their best work. The socialization aspect can offer an extra morale boost, too.

8. Giveaway Meals

Nothing lifts morale faster than really good food that is prepared by someone else. Consider setting up a program that gives away meals or meal kits to employees. This can be especially beneficial during tight deadlines or heavy work periods when employees may be working longer hours.

Ideas for meal kits:

- Pizza
- Taco fixings
- Salad kits with a hearty protein
- Spaghetti and meatballs with salad

Your company can choose the frequency depending on your budget. Best of all, you can easily include remote and in-house employees when you use companies like Grubhub Corporate or at-home delivery meal kits like Blue Apron or HelloFresh.

9. Hump Day Sundaes

Wednesday signals the halfway point through the week that most employees look forward to. Get them even more excited with a “hump day sundae” event each week. Allow employees to gather together to socialize and enjoy ice cream sundaes throughout the day. Don't forget to include dairy-free ice cream, nut-free options, and gluten-free dessert selections to include everyone.

10. Throw a Puppy Party

There's something about puppy snuggles that are the best. If your company is back in-office these days — and no one is allergic to dogs — consider hosting a “bring your dog to work day” event. Have company-branded dog bowls on hand and plenty of dog treats for staff to hand out during the day when Fido comes wandering about to say hi.

11. Try Team Building Activities

Gather the troops for an afternoon of [team building](#) that won't make them roll their eyes. You can find entertaining team-building activities that will get employees laughing and having a blast.

Some ideas to try for your next team building event:

- 5k event
- Field day
- Egg toss
- Escape room
- Potato sack races
- Brewery/winery outing
- Ropes challenge course

Want some more ideas? Check out this fun list of [team-building ideas](#) from Toggl.

12. Mask Decorating Contest

If your workplace still requires masks, why not hold a contest to make the new normal a little more fun? Not only does it make for a fun DIY project, it brings your team together at the same time. Supply plain cloth face masks and plenty of glitter, feathers, puffy paint, tie dye, and other supplies for the event.

"The man who will use his skill and constructive imagination to see how much he can give for a dollar, instead of how little he can give for a dollar, is bound to succeed."
– Henry Ford

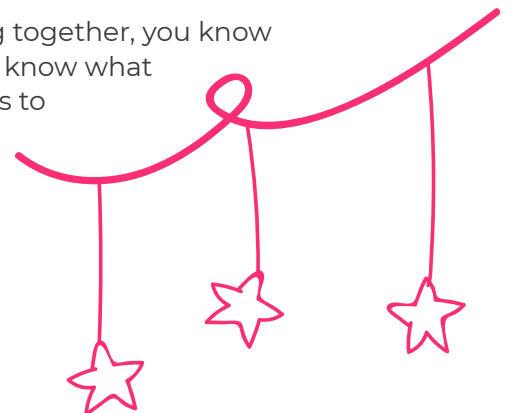
13. Host a Happy Hour

Enjoy a happy hour with your employees that allows everyone to truly relax. Whether you want to meet up at a local watering hole or virtually over Zoom, you can create an atmosphere of camaraderie. Keep it interesting with games and other entertainment ideas, too. If you have it in your office, you can arrange for rides home to encourage safe happy hour events.

Some ideas to try at your next happy hour:

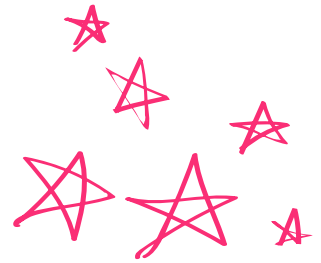
- Bingo
- Show and tell
- Name that song
- Best cocktail creation by a coworker
- Cater bar food from around the world

When your teammates enjoy working together and socializing together, you know you've got a good thing going. Be sure to get feedback so you know what your employees enjoyed the most and bring those same perks to your next happy hour event.



14. Send Out a Daily Funny

Make your team's daily 9-to-5 grind more enjoyable by giving them something to giggle about before they start their day. [Laughing](#) is an immediate way to stimulate the lungs, muscles, and heart, and can reduce tension. Long-term, regular humor can improve mood, increase personal satisfaction, relieve pain, and improve the immune system.



Daily funny ideas:

- Email a list of three short jokes
- Send a clean, short standup comedy clip
- Share a local newspaper or magazine comic
- Email a collection of your favorite funny quotes
- Read a “dope of the day” news story before a meeting

Help make your workplace feel less tense and more joyful by infusing humor into daily work. When employees see leadership and management doesn't take work-life so seriously, they can relax a bit more, too.

15. Monday Mellow-Outs

Mondays can be challenging no matter how much your employees love work and their fellow colleagues. Help your employees ease into the work week with a relaxing start to their first day back in the office. Rushing into meetings and wrapping up deadlines is no way to start the workweek.

Ways to start the work week right:

- Yoga session
- Group nature walk
- Morning meditation
- Breathwork before meetings
- Play spa-like music in the office

If you want the office vibe and general attitude of employees to be positive, try starting the work week off with relaxing, easy activities. No one wants to jump in and put out fires first thing on a Monday morning. It's a recipe for [burnout](#), otherwise!

16. Nerf Battle Wars

Nerf wars are a great way to bring out everyone's inner kid. It's perfect for competitive individuals and those who want to get a good workout running around. In most Nerf wars, once a player is “hit” they are considered out of the game. If a player is deemed “out” they may return to a home base to restart their participation or can wait until a fellow teammate tags them back in. Make it extra competitive by giving away a trophy or other prize to the Nerf battle winner.

17. Teach Delegation Workshops

Employee burnout can be caused by a variety of events, but one of the top causes is a heavy workload. Not everyone is comfortable asking for help or delegating tasks. Consider having department leadership teach team members positive ways to delegate or ask for help. Increase team bonding opportunities by offering role-playing sessions to help employees learn how to verbalize their needs.

18. Have a Family Day

There is life outside of work. Morale can decline quickly if a company or leadership doesn't respect and recognize that aspect of employees' lives regularly. Make it a point to ask about employees' family members on a weekly basis and include them in work events. Weekly, monthly, or even annually, plan an event for the whole family to attend free of charge.

Ideas include:

- BBQ
- Fun run
- Fall festival
- Holiday parties
- Obstacle course
- Food truck Fridays

Life beyond work matters, too. Show your employees how your company supports work-life balance and offer family participation in special work events.

19. Spruce Up Spaces

No one wants to work in a drab office. Make the office space an area where your team likes to come in each day. Even on a budget, it's simple to add a fresh coat of paint, a fun gumball machine, or nice artwork to the walls.

Some simple ways to brighten workspaces:

- [Buy air-purifying potted plants](#)
- Install brighter light bulbs or light fixtures
- Hang inspirational posters or artwork
- Update any furniture that needs replacing

Want to help your remote team freshen up their home office? Send them pretty office supplies, a monthly flower subscription, or a potted plant to brighten up their space.

20. Plan a Spirit Week

Spirit week is always a fantastic way to invigorate and engage your employees in a fun way. Best of all, it takes little-to-no planning and can be done as often as your team needs a spirit lift. You can make it as outrageous or as simple as you'd like, too. Anything from 60s throwback and crazy hair day to silly socks day or team spirit day can make the workday a lot more fun.



"Management is nothing more than motivating other people."

– Le Iacocca

21. Consider Sabbaticals

Sometimes life gets so crazy that balancing it all can feel like a never-ending, ongoing task. Those are the times when employees are most prone to burnout. Instead of letting that happen and losing a good employee to stress, let them take a work sabbatical of a certain length. This can be paid or unpaid time off that can last anywhere from a few weeks to a few months. Some companies that allow sabbaticals that you could model your policy after include McDonald's, The Cheesecake Factory, and QuikTrip.

22. Do a Gift Drop

Give your department leadership a budget to do monthly or quarterly gift drops on employees. It's a great way to motivate and show appreciation for your team on a regular basis. Gifts don't need to be elaborate, either.

Gift drop ideas:

- Candles
- Locally-made gifts
- Restaurant gift cards
- Fun, funky office supplies

If you want to ensure your gift is truly appreciated, ask your employees to create a wish list of gifts under a certain amount. This can help your birthday committee out, too!

23. Host a Fitness/Wellness Challenge

Fitness challenges are a great way to engage, motivate, and encourage your employees. Not only will getting them in sweat mode improve their physical health, but it will also release the “feel good” hormones that keep them happy. Wellness challenges are also a good opportunity for teammates to bond.

Check out these free challenge resources:

- [12 Mini Wellness Challenge Ideas Your Team Will Love](#)
- [Cut the Sweets Sugar Challenge Tool Kit](#)
- [6 Easy Fitness and Wellness Challenges For Any Workplace](#)

Consider doing a team fitness challenge together to inspire one another and keep everyone feeling their best physically and emotionally.

24. Offer a Spa Day

Letting your employees take it easy is one way to improve their attitude about work. When high-stress jobs continuously take every ounce of energy a person has, it's hard to show up daily with enthusiasm. Relaxing is one way to cue the brain and body to stay healthy and that it's okay to take personal time. Consider having local massage school students come in to offer chair massages and/or a local cosmetology school to do mini makeovers on your employees.

25. Hang Inspirational Phrases

As the phrase goes, “Garbage in, garbage out.” What people read, see, and think on a daily basis has a significant impact on their mental status and attitude. Positive communication methods and messages in the workplace play a role in your workers' perception of the company. This goes for all of the content that's around your workplace — make it positive!

Some inspirational content to consider:

- [27 Positive Thinking Quotes Your Employees Need to Hear](#)
- [25 Quotes Every Wellness Coordinator Needs To Hear](#)
- [27 Inspirational Health Quotes to Motivate Employees](#)
- [143 Motivational Quotes for Monday Mornings to Inspire Your Team](#)

Positive messaging isn't just cheesy; positive messaging can have a profound impact on the mindset each and every day for your employees. Make it count!



26. Have a Dance-a-Thon

Love to get your team together for a good cause? Consider hosting an outdoor dance-a-thon for your company or even your community. A dance-a-thon is simple to organize once you have a team together to focus on logistics. Pick a date, a DJ, and a cause and a way to collect proceeds and start getting the nitty-gritty details together!



27. Volunteer Together

One [Deloitte](#) study found that teams that volunteer together, stay together. By developing a pro-volunteer attitude, you'll likely find morale quickly improves. By encouraging volunteering, you can better your employees' workplace brand perception and strengthen teamwork bonds, too.

Group volunteer ideas:

- Soup kitchen
- Roadside cleanup
- Local school events
- Food drive/food pantry drop-off
- Humane society adoption events

Whether you pick a specific day a month or do a once-a-quarter event, sponsoring volunteer work on company time shows leadership cares about more than just the bottom line. Align the events with your company objectives and assess your community's top needs to feel the most impact with your company's volunteer efforts.

28. Hold a Door Decorating Contest

Get your team into a competitive spirit by hosting a door decorating contest. This can work equally well with cubicles, too. The rules can be as simple or as challenging as you want. Doors or cubicles can be a theme (fairytale, holidays, pop culture, etc.) or be created using crafting items that you supply. Have your team vote for their favorite to win a prize like a restaurant or Amazon gift card.

29. Five Minutes of Fun

Fun isn't just for kids. In fact, having fun on a regular basis is a simple way to improve employees' emotions. In the long run, it keeps employees more creative and engaged in their everyday work.

Five minutes of fun ideas:

- Yoga stretches
- Hold a dance party
- Have a spelling bee
- Host a hula hoop contest
- Do a show-and-tell event
- Create and compare bucket lists

30. Host a Clothing Swap

If your company is into sustainability, this activity can be a great way to encourage that same thread (no pun intended). Have employees bring gently-used clothing into the office for a clothing swap. Use a conference room to organize clothing by size and have participating team members sign up for times to "shop" for new clothes. It keeps clothing out of landfills or from just taking up space in your employees' closets. Plus, it can encourage [decluttering](#), which is great for their health!

31. Create Thank You Thursdays

A thank you goes a long way. Thank yous not only serve as a way to give thanks but to connect with others and observe kindness. In a busy world, it's easy to overlook kindness often. But making a conscious effort every Thursday gives your employees a reason to look for the positive in work. Make time weekly to offer thanks. This can be in the form of an email shout-out, verbal praise during a meeting, or even a handwritten thank you card. Have your staff thank one another and make it a habit to step up as a leader and offer specific gratitudes.

*"When people are financially invested, they want a return.
When people are emotionally invested, they want to contribute."
– Simon Sinek*

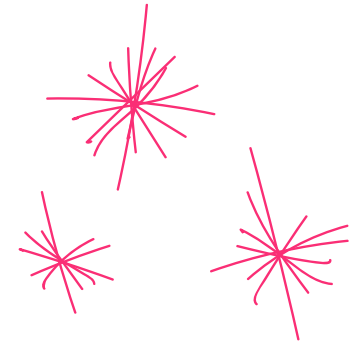
32. Enjoy a Field Day

Field day events aren't just for kids. In fact, just like children, adults sometimes have pent-up energy they need to let out. In doing so, it allows the more playful side of the mind to engage. Get out as a team and have fun exploring team-building opportunities and time in nature.

Activities to consider:

- Tug-o-war
- "Best" chili contest
- Nerf gun wars
- Potato sack races
- Water balloon wars

Add a fun event to your team's schedule weekly. By allowing for outdoor playtime, it reduces stress, minimizes sitting time, and creates opportunities for spontaneous creativity.



33. Create a Quirky Recognition Ritual

It may be dorky, but having a quirky recognition ritual may give employees a special event to look forward to at your gatherings. Infuse fun in your recognition rituals and your employees will no doubt get a kick out of them and enjoy them.

Quirky recognition ideas to try:

- Share a rotating trophy
- Wear a goofy hat for the day
- Create an employee wall of fame
- Throw confetti during a verbal recognition

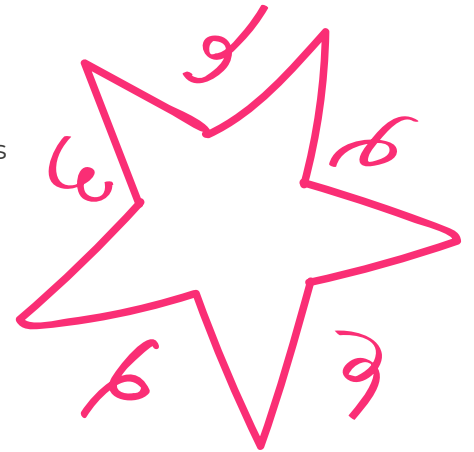
Make sure you know how employees prefer to be thanked or recognized, too. This will minimize any potential embarrassment for the worker.

34. Launch a Twitter Hashtag

Recognition is essential in the workplace. Not everyone likes to be complimented publicly, but when working with the public, that sometimes can't be helped. Ask your customers to offer compliments via Twitter to specific employees who went above and beyond. Promoting a specific hashtag for your company (like Disney's #CastCompliment) gives your customers a way to brag on your team members. Be sure to share them in an email or at team meetings. You can also retweet and tag your employee with their picture if they don't mind public recognition!

35. Host Meditation Moments

Encouraging and promoting self-care to your employees shows that you have their wellness in mind. [Meditation](#) is one of the most powerful ways to engage in self-care and promotes positive mental health. Work is stressful sometimes. Let your workers have a moment of quiet and peace several times throughout the day, as needed.



Conscious choices to host meditation moments:

- Breathe deeply before meetings as a team
- Turn off pop-up notifications and push notifications
- Encourage your team members to stop and breathe
- Ask employees to dedicate specific hours to email checking
- Invite a yoga instructor to teach your team breathing techniques

Monday mornings are an ideal time to try meditation. Whether you're on Zoom or in a room, take a few moments with your team to close your eyes and do [deep breathing exercises](#) together.

36. Create a Staff Message Board

Positive messages are always uplifting. Plus, it serves as a reminder that your employees' work doesn't go unnoticed. Start a staff message board — either virtually or on a bulletin board/whiteboard — for individuals to write kind, thoughtful messages to one another. It's a simple way to create team bonding that doesn't take much effort at all but means the world to employees.

37. Give Away Self-Care Kits

There's no keeping stress away. Even the best of workplaces have periods of stress. But, it's the way your leadership team handles it that will dictate how overwhelmed staff feels. Regular reminders to staff that they need to take care of themselves can be given through a variety of self-care kits that you giveaway.

Self-care kits may include:

- Yoga mat
- Journal and pens
- A variety of candles
- Essential oil and a diffuser
- Self-help and self-care books
- Thank you note that includes a paid day off

You can opt to give these away weekly, quarterly, or annually. Or, perhaps whenever stress levels are high, you can give these kits away to your team members as a reminder to incorporate stress management into their lives.

38. Bring in a Motivational Speaker

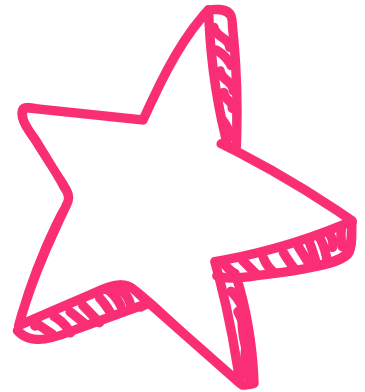
Even if you don't have the budget to bring in a top-level motivational speaker, you can still encourage your team in other ways. Watching a video of a famous motivational speaker can inspire individuals, too. Local business people can be just as inspiring. See which movers and shakers in your community might be willing to spend some time with your team to motivate them.

39. Play Games

Games are a great way to bring together your team for something other than a work project. Take the time as a team to play games together on a regular basis, whether that's once a week or just before your daily meeting.

Workplace games worth playing regularly:

- Flag football
- Musical chairs
- Office Olympics
- Name That Song
- Circle of questions
- Two Truths and a Lie
- Ping pong tournament



Games don't have to be as long and drawn-out as the board game Risk for your employees to be engaged and have a good time. Even a few minutes of playtime is good for a mini-break that can break up the workday monotony.

"The man who does not work for the love of work but only for money is not likely to neither make money nor find much fun in life."

– Charles M. Schwab

40. Workout Together

Teams that workout together stay together, right? This routine can easily be done with both remote or in-house teams to build a sense of camaraderie. If you have an on-site gym, create classes that your departments can take together. Or, plan to get 10,000 steps in by a certain time during the workweek. An active leaderboard can up the competition level, too.

Simple ways to workout together:

- Meet at a local park
- Host a fitness contest
- Sign-up for a 5k event
- Create a morning workout group

When leadership encourages working out, it can also help deepen coworker relationships through accountability. Coworkers who work out together can encourage and inspire one another not only in fitness but in the workplace, too.

41. Host a Bring Your Kid to Work Day

While it may not be a national holiday, some parents may think it is. "Take Your Kid to Work Day" is recognized every April on the fourth Thursday of the month. Whether you only offer this once a year or every quarter, it can be encouraging to parents to know their role as a parent is recognized by the workplace. Remember to never discredit a thought from a kid who comes into the workplace. Children can be entertaining and creative in the way they approach problems, which may just bring a whole new outlook to how your team approaches work.

42. Friday Group Outings

Fridays were made for more laid-back workdays. If you have an efficient, high-producing team, reward them with half-day Fridays to go out and do fun activities together. Time outside the office is proven to spike creativity and creates opportunities for bonding.



Friday group outing ideas to try:

- Zoo
- Hiking
- Paintball
- Art gallery
- Geocaching
- Escape room
- Crafting studio
- Scavenger hunt
- Winery or brewery
- Local nature preserve

Switch up your outings and have team members vote on ideas of what to do for the next event. There are always plenty of ways to enjoy time outside of the office together as a team.

43. Give Quiet Allowances

Some nights, employees just don't get enough sleep. Perhaps a crying baby or stress kept your employee up half the night. Then, the next day is a sluggish day that yields little or no productive work. [Insufficient sleep](#) can cause irritability and decrease the immune system. Consider adding a nap allowance into your workplace policies. This can include allowing team members to use a quiet room at work for a nap or even head home for a few hours of ZZZ time. Once implemented, watch how productivity and morale skyrocket when employees aren't so sleep deprived.

44. Create a Birthday Committee

Some people would rather forget birthdays. But others love celebrating and making a big deal out of them. Since we can't help but age, your office might as well make it fun. Have a birthday committee keep track of employees' birthdays.

Ways to celebrate birthdays:

- A group office birthday card
- Host monthly birthday parties
- Offer a paid birthday day off each year
- Decorate cubicles/desks for birthdays

Celebrate employees and all that they are on their birthdays. Note: Some employees may truly not want a celebration as it would embarrass them, bring up a negative memory, etc. Out of respect, be sure to have your birthday committee clarify with individuals if they'd like to be on the birthday celebration roster.

45. Provide Monthly Snack Boxes

Everyone needs a good snack refuel. Keep your employees feeling energized by supplying them with monthly snack boxes. By providing [brain-nourishing foods](#), you'll keep their productivity levels high. This works well for both in-house and remote employees as you can purchase snack items in bulk at places like Costco or even order subscription boxes for remote workers.

46. Set Up an Office Game Room

Break times don't all have to look the same AKA in a kitchen eating day-old leftovers. If your office has the space for it, consider creating a game room for employees to relax in. You don't need a full arcade for employees to enjoy themselves, either.

Games to consider:

- Jenga
- Puzzles
- Dominos
- Monopoly
- Bohnanza

Office game rooms don't need to be dedicated rooms, either. You can simply keep a stack of board and card games in the break room that can be played there or in an empty office or conference room. Be creative and let your team come together for enjoyable break time moments — wherever that may be!

47. Organize a Themed Potluck

Employees are always happy to be fed. Whether it's a catered luncheon or employees pitch in, a themed potluck is a perfect social opportunity. Skip talking shop and let employees simply enjoy the food and companionship.

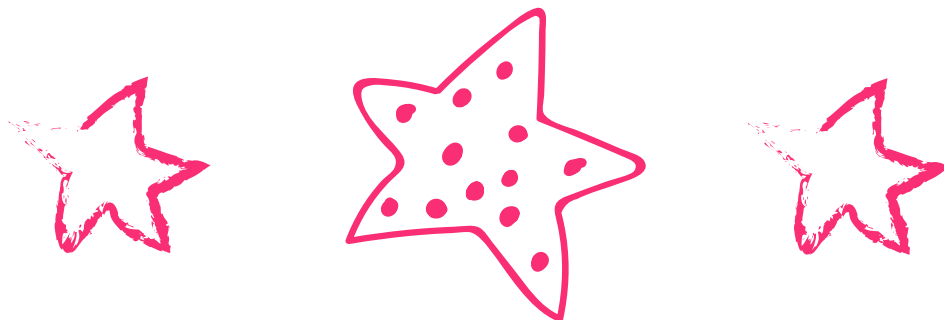
Theme ideas worth trying:

- Go green
- Finger foods
- Family heritage
- Eat like a kid day
- Restaurant re-creations

Potlucks are a great way to allow employees to coordinate, decorate, and simply enjoy each other's company in a relaxed way. Schedule these once a month for an opportunity to come together and give your team a regular event to look forward to each month.

48. Give Appreciation

Good employers know that regular recognition — in any form — leads to the retention of loyal employees. The employees who stick around for five, ten, or even 20 years should be regularly reminded of their value at the company. Consider it a bit of a love language training to get your leadership on board with consistent recognition — whether it's a written thank you, a bonus, paid time off, a gift basket, awards banquet, or another incentive.



49. Create a Better Break Room

If you've ever worked in a drab office with an even more depressing "break room", then you know how unpleasant it can be. A messy, disorganized, or downright undesirable break room can make employees feel uninspired and drained after what should be a refreshing work break.

Ways to perk up your break room:

- Add a snacks box
- Freshen up the paint
- Decorate with nice art, quotes, murals, etc.
- Furnish with comfortable chairs, bean bags, etc.
- Include a self-help library for staff to checkout [books](#)
- Diffuse relaxing essential oils like lavender or lemongrass

Ask employees how their break room experience could be improved. It may be a simple fix you hadn't thought about.

50. Offer Paid Birthday Leave

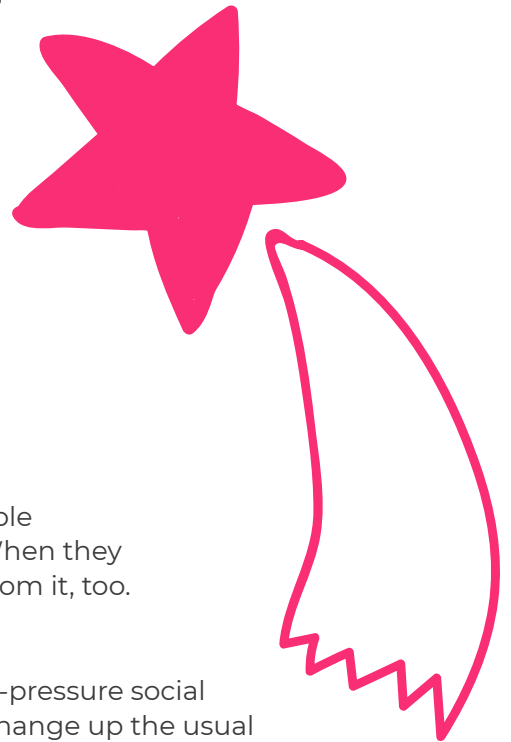
Who doesn't love to have a paid day off? Make every employee's birthday wish come true by giving them the day off. If their birthday falls on a weekend or a holiday, consider giving them the next business day off. Encourage them to do something they love in the name of [self-care](#).

51. Share a Fail of the Week

No one is perfect. While many people have a great facade of perfection, it's an illusion. Have employees volunteer to humble themselves by sharing their "fail of the week" once weekly. When they share their failure, have them also share what they learned from it, too.

52. Bring Out the Food Trucks

Food trucks are a great way to gather your team in a fun, low-pressure social setting while enjoying some outdoor time. Not only does it change up the usual lunchtime spot, but it gives employees an opportunity to try new foods and get out of the office. Invite everyone to come out and participate and meet other teammates in different departments.





As you know, morale boosts don't happen on their own.

Any time you notice your team needs a little motivation, consult this list. You're bound to find an idea that will quickly improve the workplace mood.

Every week, look at ways you can lift your employees up. This list is just a starting point to find what helps your team feel more connected, enlivened, and encouraged to enjoy work.

Try one or try them all. Whenever you find the workplace energy levels dipping and employees getting grumpy, you'll know it's time to plan a morale-boosting activity.

Happy morale boosting!

Keep morale high by showing employees you care about their health. If you've been searching for a simple way to track employee well-being, check out [Beata](#), our comprehensive wellness platform. From recipes to simple challenges and everything in-between, you'll find all that you need inside our platform to keep your employees on track for wellness.

[Reach out for a free demo today](#) to see how Beata works!