



ANCHORS & WAVES CIRCLE

A one-time, shipboard group activity to release challenges, spread gratitude, and strengthen crew bonds.

Waves & Anchors wall: A tangible symbol of the crew's resilience and shared journey.



PURPOSE

To provide a structured yet simple way for the crew to:



Express
challenges
anonymously



Provide direct peer
support by giving
direct, spoken
encouragement to
crew members.



Celebrate
gratitude and
positivity



Leave behind a
visual, tangible wall
showing the balance
of struggles and
strengths onboard.

WHO CAN FACILITATE

- Any **senior crew member** (e.g., Captain, Chief Officer, or Wellness Champion).
- No counseling background required — simply explain the rules and keep the group respectful and supportive.



The facilitator's role here is only to **guide the flow**, not to be the one speaking for others.





NOTE for the FACILITATOR



At the start of
the activity:
Declare that it's
a safe room.



Encourage adding
new Anchors over
time.

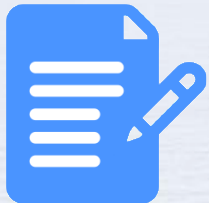


Revisit the wall
whenever they
need perspective
or hope.

CORE ELEMENTS



WAVE



Blue slip where crew will write Challenge/s



ANCHOR



Yellow hat role where fellow crew member will practice empathy and encouragement



Yellow slip where crew will write things they are grateful for

STEP BY STEP FLOW

1



Preparation (5 minutes)

Materials

- ✓ Blue slips – for Waves (challenges).
- ✓ Yellow slips – for Anchors (gratitude).
- ✓ Two boxes or containers:



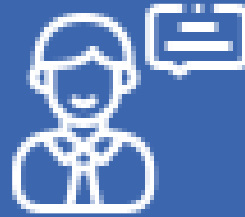
- Wave Box – collect all Waves.



- Anchor Box – collect all Anchors.

- ✓ Tape or clips and a wall or rope line to display notes.
- ✓ Pens or markers.

2



Introduction by Facilitator (3 minutes)

Gather the crew in a circle. The facilitator explains:

*“Life at sea brings both Waves and Anchors. **Waves** are the challenges that test us. **Anchors** are the moments and people that keep us steady.*

“Today, we’ll share our own waves & anchors anonymously. For each Wave, someone will act as a Yellow Hat: offering words of encouragement and reading a gratitude note aloud, balancing the challenge with positivity.”

“This will remind us that no matter how strong the Waves, our Anchors keep us grounded.”

3



Reflection and Writing (5 minutes)

Each crew member writes:

✓ One Wave (Blue Slip)



- A personal challenge or difficulty at sea.
- Example: *"I miss my wife and kids."*

✓ One Anchor (Yellow Slip)



- Something they are grateful for or something positive that happened.
- Example: *"I'm thankful for the laughter we shared at breakfast."*

Instructions:

- ✓ Do not include names or identifying details.
- ✓ After writing, drop them into their respective boxes.

4



Shuffle and Position (2 minutes)

- ✓ Facilitator shakes both boxes to mix thoroughly.
- ✓ Place Wave Box and Anchor Box at the center of the circle.
- ✓ Tape a blank space on the wall for Waves (left) and Anchors (right).



5



The Circle Process (Main Activity – 20 to 30 minutes)

Each round proceeds as follows:

A. Crew Member Draws



Facilitator decides which crew from the circle starts (then go clockwise). First crew steps into the center and becomes **the Anchor or Yellow Hat** for that round.



That crew draws one Blue slip from the Wave Box and one Yellow slip from the Anchor Box.



5



The Circle Process (Main Activity – 20 to 30 minutes)

B. Read the Wave Aloud



The Anchor or Yellow Hat posts the Wave on the wall under the “Waves” section



They read it aloud. Example:
“I miss my wife and kids.”

5



The Circle Process (Main Activity – 20 to 30 minutes)

C. Yellow Hat Response

The same crew member provides **two elements of support**:

1. Empathy & Encouragement (Verbal Response)



They speak directly to the group, acknowledging the Wave and providing words of validation and hope.

Example:

“I know it’s hard to be away from family. Even though you can’t be with them now, I’m sure they’re proud of you and thankful for you. I’m feel happy working with someone who values and works hard for his family.”



5



The Circle Process (Main Activity – 20 to 30 minutes)

2. Read a Gratitude Note (From the Anchor Box)



The Yellow Hat reads aloud a random Anchor note to balance the challenge with positivity.

Example:

“I’m thankful for the calm seas today.”

5



The Circle Process (Main Activity – 20 to 30 minutes)

C. Rotate

- 1 The **next person clockwise** repeats the same steps:
- 2 Draw a new Wave and Anchor.
- 3 Post the Wave
- 4 Yellow Hat role + read a gratitude note.
- 5 Continue until **everyone has taken a turn as the Yellow Hat** and all Waves are addressed.

SAMPLE ROUND FLOW

Crew Member draws (blue and yellow slips)

Blue Slips



"I feel overwhelmed by the workload this week."

Yellow Hat



"It's okay to feel overwhelmed when things get heavy. We appreciate all the effort you're putting in, and we'll face the workload together as a team."

Yellow Slips



"I'm thankful for the fun karaoke night yesterday."



DEBRIEFING QUESTIONS

Do this with a partner.

1. “How did it feel to share your Wave and hear others’ challenges?”
2. “What was it like to serve as an Anchor and give encouragement to someone else?”
3. “What message would you like to give to your co-crew member before we close today?”





CLOSING REFLECTION

(3 minutes)

“Waves will always come, but having anchors keeping us steady will remind us that even in tough times, there’s always something to be grateful for and someone who cares.”

OUR VISION

Healthy and happy lives are the goal of our vision. We are committed to providing the highest quality of care and service to our patients and community.

OUR MISSION

Our mission is to provide the highest quality of care and service to our patients and community. We are committed to providing the highest quality of care and service to our patients and community.



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