



GROUP VIBE

Collective Emotion

RESOURCE FOR
PHYSICAL ACTIVITY PARTICIPANTS



We Create the Atmosphere Together

HAVE YOU EVER WALKED INTO A ROOM AND IMMEDIATELY SENSED HOW PEOPLE WERE FEELING?

Perhaps the space felt:

- energetic
- calm
- welcoming
- playful
- focused
- relaxed
- tense
- uncertain

Without anyone saying a word, you could feel the atmosphere.

This is what we call **group vibe**. The vibe of a group is the emotional tone that emerges when people come together.

It shows up through:

- smiles
- laughter
- encouragement
- attention
- body language
- enthusiasm
- playfulness
- quiet focus

Every person contributes. Even when we do not speak, our presence influences the atmosphere around us.

In movement settings, group vibe can shape:

- whether people feel comfortable participating
- whether they are willing to try something new
- whether they feel safe making mistakes
- whether they enjoy the experience
- whether they want to return



Everyone Has Something Meaningful to Contribute

Group vibe is not something created by one person. It is something we co-create. Some days we contribute energy. Other days we contribute calm. Some days we support others through encouragement. Other days we simply contribute our presence.

As one participant in our InterActive for Life research shared:

We don't play to win. We don't keep score. Half the time we're playing off the table just to keep the ball in motion. The laughter that comes with that is a great example of shared enjoyment.

For this participant, the joy came not from performance or competition but from the atmosphere that emerged when people were enjoying the experience together.

InterActive for Life Reflection

Group vibe is something we create together.

The question is not:

"What is the vibe?"

The question is:

"What am I contributing to the vibe?"

Challenge

The next time you participate in a movement activity, ask yourself:

"How do I want people to feel when they move with this group?"

And:

"What can I do to help create that feeling?"

Participant Activities

TO INSPIRE GROUP VIBE

1

Notice the Atmosphere

As you enter the room, pause and observe. Ask yourself:

- What is the mood of the group?
- Does it feel energetic?
- Calm?
- Relaxed?
- Playful?
- Focused?

Reflection

How does the atmosphere influence your willingness to participate?

Participant Activities

TO INSPIRE GROUP VIBE

2 Bring Positive Energy

Before the activity begins, choose one quality you would like to contribute.

Examples:

- ✓ Encouragement
- ✓ Curiosity
- ✓ Playfulness
- ✓ Enthusiasm
- ✓ Calmness
- ✓ Kindness

Challenge

Notice how expressing that quality influences the people around you.



Participant Activities

TO INSPIRE GROUP VIBE

3 The Smile Experiment

During an activity.

- smile at others
- acknowledge people
- make eye contact
- laugh when appropriate
- celebrate small successes

Reflection

How does positive energy spread through a group?



Participant Activities

TO INSPIRE GROUP VIBE

4

Notice What Lifts the Mood

As you participate, pay attention to:

- music
- humor
- encouragement
- group traditions
- shared accomplishments
- movement choices

Challenge

Identify three things that improve the group atmosphere.



Participant Activities

TO INSPIRE GROUP VIBE

5

Respect Different Energy Levels

Not everyone contributes to a group in the same way.
Some people are:

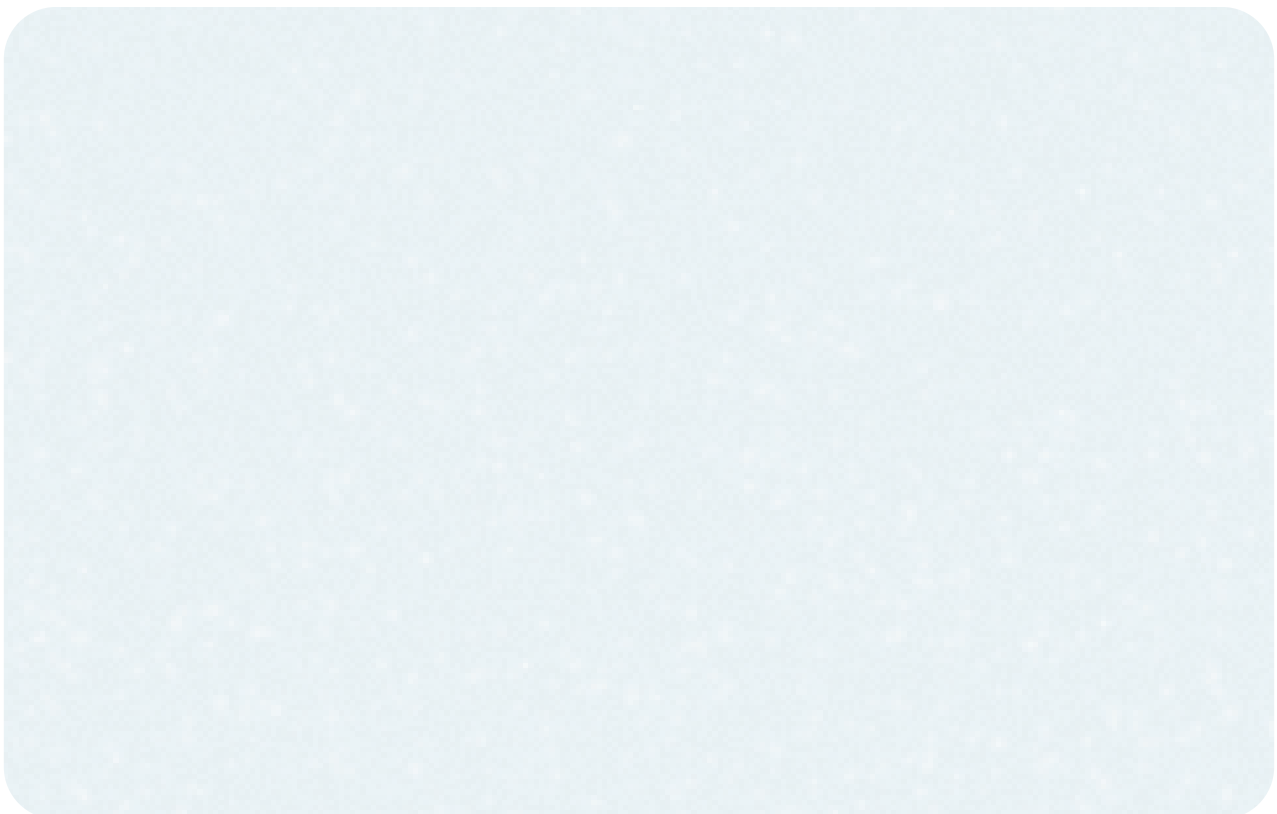
- energetic
- expressive
- outgoing

Others may be:

- thoughtful
- reflective
- quieter

Reflection

How can different personalities contribute positively to the group experience?



Participant Activities

TO INSPIRE GROUP VIBE

6 Vibe Builder Challenge

Choose one action that helps improve the atmosphere.

Examples:

- Welcome someone
- Encourage someone
- Celebrate effort
- Include someone in conversation
- Share a laugh
- Express gratitude

Reflection

What happened when you intentionally contributed to the vibe?

Participant Activities

TO INSPIRE GROUP VIBE

7

Use the Movement Mood Barometer

Before entering an activity, ask:

“How am I feeling right now?”

Then ask:

“What mood would I like to contribute to this group?”

Perhaps:

- joy
- calm
- enthusiasm
- confidence
- connection
- focus

Revisit the Movement Mood Barometer afterward and reflect:

- How did the group atmosphere affect me?
- How did I affect the group atmosphere?

Resource

Movement Mood Barometer:

<https://function2flow.ca/wp-content/uploads/2025/11/Movement-Mood-Barometer.pdf>

CLASS COLOUR CODE	ICON	E-MOTIONS
Red Aggressive		Quick/Aggressive/Competitive Activities that offer an outlet to release stress, feelings of aggression or frustration. Examples: cardio boxing, pickleball, HIT training, cardio drumming
Yellow Uplifting		Uplifting, Joyous, Ecstatic, Energizing, Invigorating Activities that offer opportunities to move joyfully to music with or without partner that promotes fun and laughter with options for freestyle flow or moving in unison. Class promotes feelings of success (graduated progressions). Examples: freestyle dance, synchronized movement (i.e., clapping, tapping, cardio drumming/ body percussion, belly dancing)
Light Green Grounded		Predictable/Grounded Activities that follow consistent format designed to promote a mindful, rooted flow with repeated sequences. Attention is directed to breath, feeling body movement and feeling very present. Examples: Mindful walking, Tai Chi, Yoga, range-of-motion exercises, meditation classes, mindfulness training
Orange Cognitive Challenge		Cognitive Challenge-Dual Tasking Classes that complexify the experience that combine physical activity with cognitive challenges, i.e., counting, naming, problem-solving while engaged in movement. Examples: “Simon(e) Says” games, Cross-Crawl
Blue Restful		Slow/Peaceful/Relaxing Activities/ Classes that offer progressive relaxation, stretching/range of motion movements, mindful breathing. Examples: Tai Chi, Yoga, Range-of-motion exercises, meditation classes. Mindfulness training
Purple Spontaneous		Spontaneous/Creative Activities or games that offer variations in intensity, speed (quick bursts and holds), equipment/props (i.e., scarfs, beach balls, rubber chickens). Examples: cooperative/modified games, i.e., chair volleyball, pool noodle games; partner dance; ping pong, scarf juggling



Participant Tips

FOR GROUP VIBE

Tip #1: Atmosphere Is Shared

The group vibe belongs to everyone.

Tip #2: Small Actions Matter

A smile, nod, laugh, or encouraging word can influence many people.

Tip #3: You Don't Need to Be Loud

Positive contributions can be quiet and powerful.

Tip #4: Notice What Helps You Feel Comfortable

Understanding what supports you can help you support others.

Tip #5: You Are Part of the Atmosphere

Whether you realize it or not, you help create the group's experience.





Curious for more?

- [Quick tips for physical activity facilitators](#)
- [Complete the InterActive for Life Inventory](#)



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