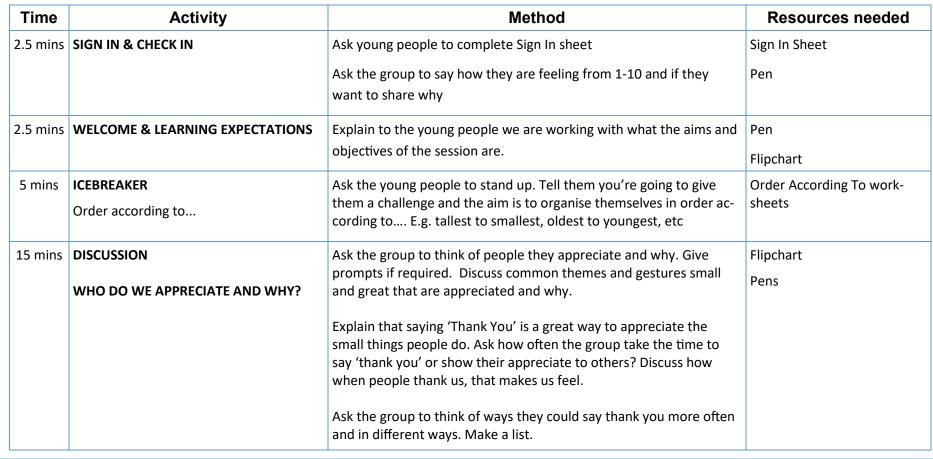
ACTIVITY: APPRECIATING OTHERS & MAKING THANK YOU CARDS ACTIVITY

Resilience Focus Area: Emotions & Behaviours

Learning Outcomes:

- To get groups of young people to know a little about each other
- To create a relaxed environment for young people to take some time to reflect
- To give thanks to people we appreciate
- To give the group a space and time to talk about any worries or concerns





Time	Activity	Method	Resources needed
20 mins	ACTIVITY THANK YOU CARDS	Reflect back what the group said about who they appreciate and the things they do for them and why.	Cards Envelopes
		Have a selection of cards and envelopes, stickers and colouring equipment. Offer them out to the young people. Ask them to design a card and write a personal message to the person they want to thank.	Pens Stickers Glitter
		Whilst being creative, pick up on the things they have discussed and make a plan to implement as many as possible as a group. Alternatively, the group may just appreciate the opportunity to sit in silence or just chit chat with each other.	A-Z stamps Glue
10 mins	DISCUSSION	Once the group have completed their cards, ask them to show them to others and share their appreciation for others. If required, practice with the young people on how they can 'give' their cards.	
5 mins	EVALUATION & CLOSE SESSION	Ask the group if they have any feedback or questions. Ask the group to complete the session evaluation forms. And finally, check out with everyone as before	Evaluation Forms Pens



To access more resources, information and advice visit

> www.kentresiliencehub.org.uk www.moodspark.org.uk







Order according to...

With talking allowed, try ordering yourselves according to:

Your height

Your age

The month you were born

The first letter of your name in alphabetical order

Shoe size

The length of hair on your head

Most excited about the weekend activities

Without talking, try ordering yourselves according to:

Your height

Your age

Now for one you haven't done before and without talking, try ordering yourselves according to:

Your shoe size

How much of the colour blue you are wearing

The length of time you spend on your phone