

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
2.5 mins	SIGN IN & CHECK IN	Ask young people to complete Sign In sheet Ask the group to say how they are feeling from 1-10 and if they want to share why	Sign In Sheet Pen
2.5 mins	WELCOME & LEARNING EXPECTATIONS	Explain to the young people we are working with what the aims and objectives of the session are.	Pen Flipchart
5 mins	ICEBREAKER Order according to...	Ask the young people to stand up. Tell them you're going to give them a challenge and the aim is to organise themselves in order according to.... E.g. tallest to smallest, oldest to youngest, etc	Order According To work-sheets
15 mins	DISCUSSION WHO DO WE APPRECIATE AND WHY?	Ask the group to think of people they appreciate and why. Give prompts if required. Discuss common themes and gestures small and great that are appreciated and why. Explain that saying 'Thank You' is a great way to appreciate the small things people do. Ask how often the group take the time to say 'thank you' or show their appreciate to others? Discuss how when people thank us, that makes us feel. Ask the group to think of ways they could say thank you more often and in different ways. Make a list.	Flipchart Pens

Time	Activity	Method	Resources needed
20 mins	ACTIVITY THANK YOU CARDS	<p>Reflect back what the group said about who they appreciate and the things they do for them and why.</p> <p>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.</p> <p>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.</p>	<p>Cards</p> <p>Envelopes</p> <p>Pens</p> <p>Stickers</p> <p>Glitter</p> <p>A-Z stamps</p> <p>Glue</p>
10 mins	DISCUSSION	<p>Once the group have completed their cards, ask them to show them to others and share their appreciation for others.</p> <p>If required, practice with the young people on how they can 'give' their cards.</p>	
5 mins	EVALUATION & CLOSE SESSION	<p>Ask the group if they have any feedback or questions. Ask the group to complete the session evaluation forms.</p> <p>And finally, check out with everyone as before</p>	<p>Evaluation Forms</p> <p>Pens</p>



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