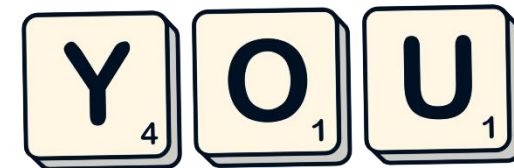


Appreciating Others and Making Thankyou Cards

A collection of short activities that can be delivered individually or as a whole session to explore the resilience focus area of Emotions and 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
15 mins	SIGN IN, WELCOME, INTRODUCTIONS & CHECK IN	<p>Welcome the group and ask them to introduce themselves. If it is a new group, play a couple of name games to get to know each other.</p> <p>Set some basic ground rules for everyone to agree to whilst in the group. Ask everyone to sign those that have been agreed. Add in any that might have been missed.</p> <p>And housekeeping too e.g. if virtual delivery expected etiquette.</p> <p>Ask the group to say how they are feeling from 1-10 and if they want to, share why.</p> <p>Run through the expected outcomes of the training session.</p>	<p>Sign In Sheet</p> <p>Pens</p>

10 mins	ICEBREAKER	<p>Ask the young people to stand up.</p> <p>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</p>	Order according to worksheet
15 mins	WHO DO WE APPRECIATE AND WHY?	<p>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.</p> <p>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.</p> <p>Ask the group to think of ways they could say thank you more often and in different ways. Make a list.</p>	<p>Flip Chart</p> <p>Pens</p> <p>Paper</p>

20 mins	THANKYOU 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>Glue</p> <p>Stamps</p>
10 mins	REFLECTION	<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>	

15 mins	CLOSE	<p>Ask the group if they have any questions and answer as best you can, agreeing to go away and get any answers you don't know at this point.</p> <p>Ask the group to rate themselves between 1-10 as to how they are feeling now as they did at the start of the session.</p> <p>Ask for feedback from the group about how the session went.</p>	<p>Evaluation Forms</p> <p>Pens</p>
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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

This session plan provides an outline to deliver activities focussed around areas of young peoples lives that have been proven to support in improving resilience and emotional wellbeing.

Within this there are suggestions of a range of activities and formats that you can use to deliver these, such as power points and online resources as well as timings for activities.

These can be delivered in whichever way suits your organisation and group of young people best.

Whilst a range of videos, icebreaker activities and games have been suggested throughout please feel free to adapt and change these to suit your setting and your young people.

For further resources, activities, ideas and a wide range of other session plans please visit [Kent Resilience Hub](#), you can also find a range of resources and activities that young people may find useful to manage their own wellbeing at [MoodSpark](#). Click on the different segments below to find resources, activities and sessions that meet that resilience area.

