

Appreciating Others and Making Thank You Cards

Session Plan

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 given the group a space and time to talk about any worries or concerns.

Within the plan there are suggestion on how you can deliver a range of activities, such as timings, methods and resources needed. These can be delivered / tailored in a way that suits your organisation and/or group of 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 manager their own wellbeing at [MoodSpark](#).



Time	Activity	Method	Resources
10 minutes	Welcome, introductions, housekeeping, ground rules and learning objectives	<ul style="list-style-type: none"> • Ask young people to sign the sign-in sheet as they arrive. • Introduce yourself and your role, and any co-facilitators / guest speakers. • Invite each young person to introduce themselves. • Go over key housekeeping points i.e. break times, location of toilets, emergency exits etc. • Share key ground rules to ensure a safe and inclusive space: <ul style="list-style-type: none"> ○ Respect others' views and experiences ○ Listen when others are speaking ○ What's shared in the session stays in the session (unless there are safeguarding concerns). • Ask the group if they'd like to add any other ground rules and note them visibly e.g. on a flipchart. • Ask the group to rate how they're feeling on a scale 1-10. • Invite anyone who feels comfortable to share why. • Clearly explain the expected outcomes / learning objectives for the session. Let the group know what they'll be doing and what they can expect to take away. 	<p>Sign-in sheet</p> <p>Prepared ground rules</p> <p>Pens/pencils</p> <p>Flipchart paper and pens</p>
10 minutes	Icebreaker: Order according to	<ul style="list-style-type: none"> • Explain the challenge: <i>Your task is to organise yourselves into a line based on a specific order I give you i.e. order yourselves tallest to shortest. You'll need to talk to each other and work together.</i> • Give them a time limit. 	Order according to worksheet

15 minutes	Activity: Who do we appreciate and why?	<ul style="list-style-type: none"> • Ask the group to think of someone they appreciate (this could be a friend, family member, teacher, coach etc.), and how often do they say thank you or show appreciation to others. • Invite participants to share why they thought of and why. • Write common themes on a flipchart e.g. kindness, listening, encouragement etc. • Ask the group to split into pairs or small groups and make a list of different ways they could say thank you. • Ask each group to share a few ideas. • Create a master list on the board/flipchart. 	<p>Flipchart paper and pens</p> <p>Pen/pencils</p> <p>Paper</p>
20 minutes	Activity: Thank you cards	<ul style="list-style-type: none"> • Begin by summarising what the group discussed earlier. • Invite each young person to choose a card and decorate it however they like. • Ask them to write a personal message inside to someone they appreciate. • While they're creating let the atmosphere be calm – some may want to chat, others may enjoy the quiet; and as they work, gently revisit some of the ideas they shared earlier about appreciation and resilience. 	<p>Cards</p> <p>Envelopes</p> <p>Pens/pencils</p> <p>Colouring equipment</p> <p>Glue</p> <p>Additional craft resources i.e. stickers</p>
10 minutes	Reflection	<ul style="list-style-type: none"> • Once everyone has finished their cards say: <i>If you feel comfortable, take a moment to show your card to someone else in the group. You can share who it's for and why you chose to thank them.</i> • Encourage a few volunteers to share with the whole group if they'd like. • Celebrate the effort and thoughtfulness behind each card. • If necessary, offer young people the opportunity to practice how they can present their cards to the recipients. 	
10 minutes	Close	<ul style="list-style-type: none"> • Invite participants to ask any final questions. • Ask participants to rate how they're feeling now compared to the start of the session. • Handout evaluation forms and ask participants to complete. • Collect evaluation forms. 	<p>Evaluation forms</p> <p>Pens/pencils</p>

Order According To Exercise

With talking allow, 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

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 time you spend on your phone