

Appreciation Quickie

Yeah, I said "quickie"! This activity won't take long to prepare or complete but will leave everyone feeling goood! Do it at a staff development day or a mid-term meeting as a pick-me-up.

You will need:

- ✓ Print out enough activity boxes for each person (there are 4 to a page) or have enough scrap paper for everyone.
- ✓ Pencils/pens

"The deepest craving of human nature is the need to be appreciated." - William James

What to do:

Step 1: Lighten up!

Do something fun/relaxing/social first, e.g. ice-creams for all, play musical chairs, try a laughter yoga video, have a 5 minute dance party. It doesn't need to take long, it just needs to loosen everyone up a bit and allow them to break out of the role of "Mrs/Mr/Miss So-and-so".

Step 2: Appreciate self

In the first box, ask teachers to write something that they appreciate about themselves. We've got to appreciate ourselves first, before we can truly share our appreciation with others. e.g. "I appreciate you, Mel, because you've worked really hard all year, and you're tired, but gosh, you're still here and you did it." or "I appreciate you, Mark, because that class was tough at times, but you stuck with them, and you all got a lot out of it. Nice one, legend!"

Step 3: Appreciate others

In the next box, teachers write about someone else on staff who immediately comes to mind. e.g. "I appreciate you, Yusuf, because you were really understanding and supportive when I took leave earlier in the year." or "I appreciate you, Cath, because you always seemed to be three steps ahead with programming, and you were generous in sharing so many of your resources with me."

Step 4: Keep appreciating

In the final box, staff will reflect on someone who didn't immediately come to mind. It might be a teacher in a different faculty or grade, the general assistant or groundskeeper, admin staff, school counsellor, an executive staff member, a casual teacher, the librarian or IT support. e.g. "I appreciate you, Lin, because you were really patient when I was running late with my newsletter item." or "I appreciate you, Angela, because you cleaned my smart board filter every week."

Step 5: Share it

Yep, that's right. Appreciation isn't as good if it's not shared! Go and tell those people on your list what you appreciate and why. Don't hold back! If you see someone else that you need to appreciate, tell them too.



"What you appreciate, appreciates"

I appreciate you, _____, because...

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