



APPRECIATION CHAIN

Purpose & Focus

We write notes of appreciation to remind ourselves of what we have and to see the positive effect of a simple act of kindness.

Helps participants build seeing and framing skills.

Participants

Any number of participants.

Time Allotment

30+ Minutes

Activity Level

Low

Materials

- Construction paper
- Scissors
- Glue stick
- Decorating materials such as markers and glitter

Method

- Talking points:
 - What are some ways people have helped you?
 - What is appreciation?
 - What is gratitude?

- Let's make an appreciation chain together. First we'll write down things we're grateful for on these strips of paper. Then we can decorate them.

Help the participants decorate the paper and create a chain.

- Talking points: How do you feel when you appreciate something or someone? What are some of the ways that we're all connected?
- What is a community?

When the chain is ready, help participant hang it in a meaningful place or give it away as a gift.

