

appreciation chain

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

LIFE SKILLS



DURATION 5 to 20 minutes

SUPPLIES Construction paper, scissors, glue stick, decorating materials such as markers and glitter

AGE Young children (with a modification for older children and teens)

LEADING THE GAME

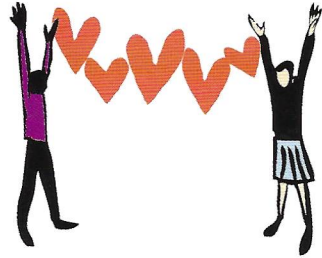
To prepare, cut strips of construction paper and place them in a basket, along with decorating materials.

1. Talking points: *What are some ways people have helped you? What is appreciation? What is gratitude?*
2. 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 children decorate the paper and create a chain.
3. 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 children hang it in a meaningful place or give it away as a gift.

VARIATIONS

1. Appreciation Flags

Children can make appreciation flags, with expressions of positive values or friendly wishes. When they hang the flags outside, the children can imagine that each breeze carries their appreciation and friendly wishes from their home to people and places all over the world.



2. Appreciation Journal

Children can also keep appreciation journals, reflecting on simple things they're grateful for every day (friendship, books, family, fun activities, and so on).

MODIFICATION

Writing gratitude lists or journals and sending thank-you notes are ways to adapt *Appreciation Chain* for older children and teens.