

# SOCIAL EMOTIONAL LEARNING

## SOCIAL SKILLS ACTIVITY

**SOCIAL SKILL:** SHOWING APPRECIATION  
**CASEL COMPETENCY:** RELATIONSHIP SKILLS

### ACTIVITY INFORMATION

**Activity:** Birdie of Gratitude

**Grade Levels:** 3-6

**Prep Time:** 0-5 min

**Activity Time:** <30 min

### MATERIALS AND ADVANCED PREPARATION

**Materials:** A shuttlecock (badminton birdie) and a sharpie

**Preparation:** None needed.

### ACTIVITY

Draw a smiley face on the end of the shuttlecock. Split class into two sides and have them stand facing each other. Call out a topic of gratitude for the round (people, animals, food, sport, etc.) and play at least 3 rounds. One will begin and pass the birdie to the student across from him/her and they will answer what they are grateful for based on the topic of the round. Then they will pass it across to the next player, it will zig-zag up the line until it is finished. Each student will get a chance to answer.