

# SOCIAL EMOTIONAL LEARNING

## SOCIAL SKILLS ACTIVITY LIST

SOCIAL SKILL: SHOWING APPRECIATION

CASEL COMPETENCY: RELATIONSHIP SKILLS

Grade Levels	Prep Time	Activity Time	Materials	Activity Description
K-6	0-5 min	<15 min	None needed	<b>Sharing Appreciations</b> At the end of the day or before transitioning to a new activity, provide groups the opportunity to give appreciations. Appreciations are simple. Standing in a circle, allow anyone who wants to name a person, express their gratitude to that person, and share why.
K-6	0-5 min	<15 min	Post Its	<b>Gratitude Wall</b> Set up a gratitude wall where students can go and write on a post it what they were grateful for that day or week or have them do it whenever they want throughout the school year.
K-6	0-5 min	<30 min	An item or picture of someone that the student is grateful for (preparation on student's part)	<b>What Are You Grateful For?</b> Send a note home asking students to bring something or a picture of someone who they are grateful for. At the appointed class time, have each student spotlight what they brought and why they are grateful for that thing or person.
K-6	5-10 min	<30 min	Cut slips of paper, markers, stapler	<b>Gratitude Paper Chain</b> Have children write what they're thankful for on strips of paper and use the strips to make a gratitude chain to hang up in the classroom.
K-6	0-5 min	<30 min	White paper 5"x5", colored paper 6"x6", glue	<b>Gratitude Quilt</b> Give each child a 5"x5" blank piece of paper on which to draw something he or she is thankful for. Mount each square on a 6"x6" colored piece of paper and then piece the squares together to create a classroom gratitude quilt.
K-6	0-5 min	<30 min	Sticky notes, poster with graph drawn	<b>Gratitude Graph</b> Have each child write one thing that he or she is grateful for on a sticky note and then plot it on a classroom gratitude graph. Categories might include people, things, places, actions, animals, etc.

K-6	0-5 min	<30 min	Paper, pencil	<p><b>Gratitude Stroll</b> Go for a silent walk and see how many positive things you can find: flowers growing, a cloudless sky, smell of rain, etc. Then come back into the classroom and discuss what you experienced.</p>
K-6	0-5 min	<15 min	None	<p><b>Gratitude Reflection</b> Separate students into pairs and have them share their own personal answers for these questions: Who or what inspired me today? What made me smile today? What's the best thing that happened today?</p>
3-6	0-5 min	<30 min	Index cards with different topics	<p><b>Name The Best Things</b> Divide the children into two teams. Give Team A the name of a person, place, or thing. The team has 10 seconds to supply three things they are grateful for about their topic. For example, a sunny day (topic) offers opportunity to play outside, helps plants grow and warms the Earth. If Team A can't think of three things in the time allotted, Team B can steal by naming three things of their own, but they may not duplicate answers given by Team A. One point is awarded each time a team provides three gratitude answers.</p> <p><a href="http://www.ehow.com/info_8243185_gratitude-activities-children.html">http://www.ehow.com/info_8243185_gratitude-activities-children.html</a></p>
K-6	0-5 min	<15 min	Paper, pencil	<p><b>Today I am Most Grateful For...</b> Give students the writing prompt "Today I am most grateful for..." and have them write their response and draw it after they are done writing. As the teacher, do it along with them and then have a couple or all (depending on time) share their responses.</p>
3-6	0-5 min	<30 min	Cut slips with the names of individual students, paper, art supplies, pencils	<p><b>Secret Gratitude</b> Have each child secretly draw the name of one other student in class, just as you would with a Secret Santa game. Instead of exchanging gifts, however, ask students to produce a card or letter in which they showcase their drawn classmates' strengths. Then collect them and give them to each of the students so that they can read and see what a classmate wrote about them (you may reveal who had who if you would like to).</p>