



Relationship Skills

Show Someone Your Appreciation

Pre-Teaching/ Guiding Language:

Think about how it feels when you are told you did a good job. Even if it is for something small, like walking the dog or taking out the trash, it almost instantly makes you feel good when someone acknowledges you for a positive reason! In a study conducted by the Scripps Research Institute, results showed that when people were shown appreciation, the reward center of the brain was activated. This result caused improved learning, easier acquisition of skills, and many participants reported feeling happier.

Showing appreciation also helps individuals maintain a more positive mindset, feel more confident, have higher energy levels, and improve their mood! Additionally, appreciation helps to build and maintain lasting relationships with family, friends, and classmates.

This strategy reinforces the skills taught in the high school student-directed strategy **Appreciation Station.**

Key Takeaways:

- Students will understand the importance of showing appreciation, even when it's small.
- Students will understand how to give and receive appreciation.

Duration + Materials:

- 10 Minutes

Key Vocabulary:

- **Appreciation-** Recognition and enjoyment of the good qualities of something.
- **Reflection-** A serious thought or consideration.
- **Mindset-** The established set of attitudes held by someone.
- **Acquisition-** The learning or developing of a skill, habit, or quality.
- **Maintain-** To cause or enable a condition or situation to continue.



Activity:

1. Teachers will use pre-teaching materials to explain why showing appreciation is important.
2. Teachers will challenge the student to show appreciation to someone, in or out of school.
 - a. Teachers can provide examples of ways to show appreciation and model it for the student.
 - i. Teachers can thank the student for their focus and good work.
 - ii. Teachers can write positive feedback on the student's work.
 - iii. Teachers can model with another adult and voice a thank you for an everyday act of kindness.
3. A week later, teachers will take 5 minutes, using the discussion questions, to invite the student to share any experiences that they had with showing appreciation.

Discussion Questions:

1. How did you show appreciation to someone?
2. How did it make you feel?
3. How will you show appreciation to someone again?

Reinforcement Activities:

1. Be sure to acknowledge when you see students engaging in positive prosocial behavior, no matter how small.
2. Consider creating a designated “compliment day” once a week where students are given five minutes at the end of class to provide their peers with “shout outs”.
 - a. This can also be done virtually via Teams, Google Classroom, etc.