

Appreciation Chain

Time Needed:	5-20 minutes
Group Size:	Any
Objectives:	Remind ourselves of what we have and to see the positive effect of a simple act of kindness
Materials:	Construction paper cut into strips, scissors, glue stick, decorating materials (markers and glitter)
Links/Resources	Mindful games activity cards by Susan Kaiser Greenland and Annaka Harris
<p>To utilize this activity remotely, encourage students to make their own appreciation chains in their homes. Alternatively, you could create a virtual “appreciation chain” utilizing Google Slides, or another online medium.</p> <p>Activity Description</p> <ol style="list-style-type: none"><i>1. Begin with a discussion on some ways the students have been helped by others, how it feels when we appreciate something or someone and what appreciation and gratitude means to them.</i><i>2. Next they will make an “Appreciation Chain”. Hand out strips of construction paper and have them write down on the things they are grateful for and decorate the strips</i><i>3. When the students are done they can put the pieces together to form a chain and hang it up in a meaningful place</i>	
Questions for Reflection	<ul style="list-style-type: none">• How did it feel to remember how someone else has helped you?• What do you feel when you look at the appreciation chain we built?• Why might practicing gratitude be useful?• How can you spread kindness, and add to someone else’s “appreciation chain”?