

Appreciation Corner



Co-funded by
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Let's get ready

This lesson is about:

recognizing and acknowledging the contributions of your peers by expressing appreciation
developing emotional intelligence
strengthening team bonds



Let's start

What does it feel like when someone appreciates you?

Why do you think appreciation is important in teamwork and leadership?

Can you think of a time when someone's words of appreciation motivated you?



Appreciation chain



Let's brainstorm



Appreciation chain

Share one thing you appreciate about someone in your life (e.g., a teacher, family member, friend)



Our strengths

Take a moment of your own and be your own cheerleader!

Think it up and act!



Our strengths

Take a study break.

Take a quality break from your phone.

Write an example situation.

Think of an idea you've never seen or heard of.

Repeat for your class.



Our strengths

What do you feel proud, when you consider to be your strength?

What are your strengths and recognized by most other people and by yourself?

What strengths listed by others surprised you?

Let's write

Write down your appreciation sentences.

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Appreciation sentences

Let's discuss

How do you think appreciation can impact teamwork and leadership?

What's one thing you will try to do differently to show more appreciation in your daily life?

Let's reflect

I can express appreciation and acknowledge the efforts of my peers in a meaningful way.

I can understand how appreciation strengthens relationships and builds a positive team environment.

I can use positive reinforcement to create a more supportive and collaborative culture.

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Let's start

What does it feel like when someone appreciates you?

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Can you think of a time when someone's words of appreciation motivated you?



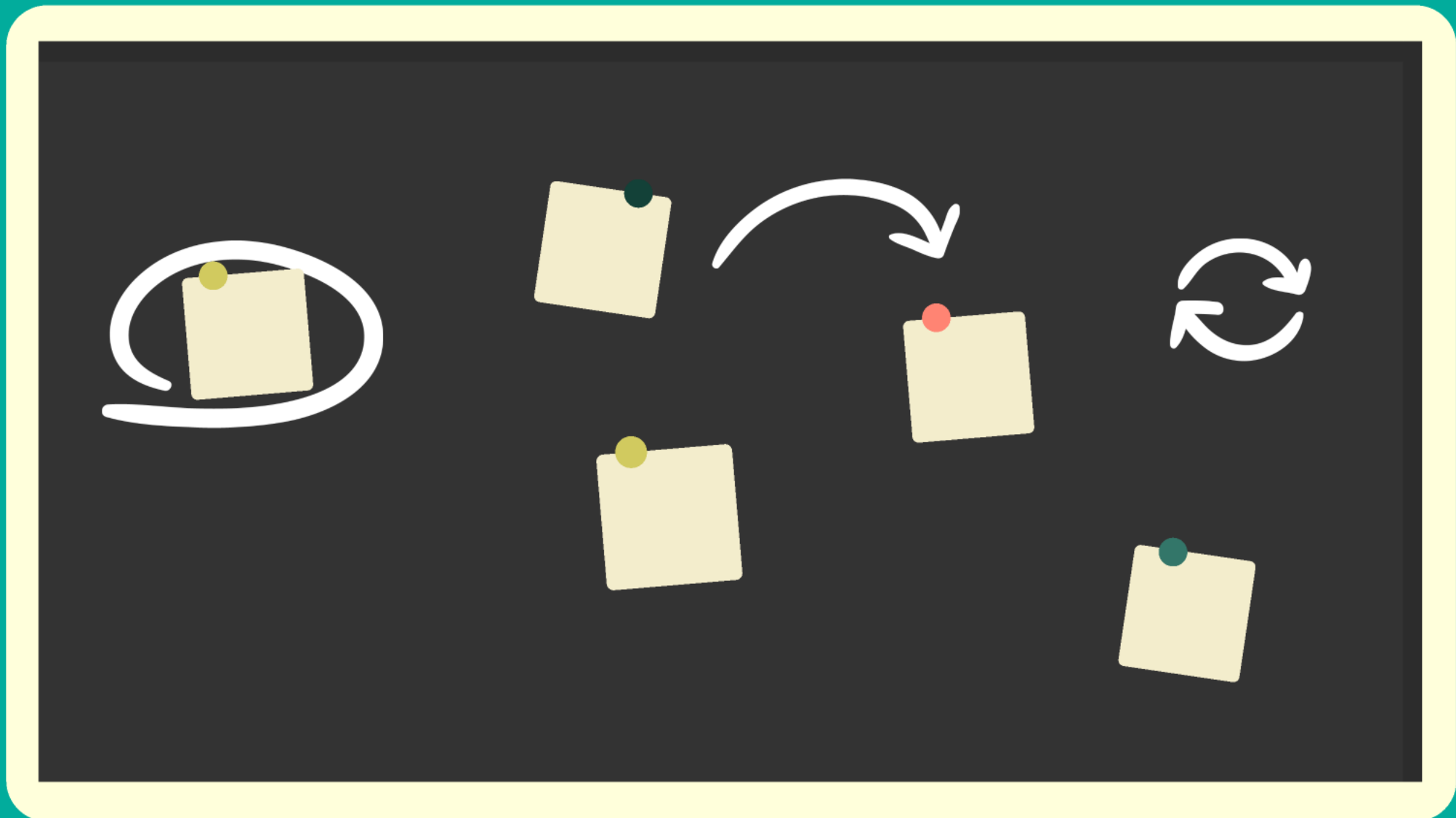
photo by Freepik

Appreciation chain

Appreciation chain

Share one thing you appreciate about someone in your life (e.g., a teacher, family member, friend)

Let's brainstorm



organized

calm

clever

caring

dependable

dignified

confident

accepting

empathetic

friendly

independent

knowledgable

patient

relaxed

responsive

helpful

logical

honest

trustworthy

ideallistic

self-assertive

proud

creative

resourceful

Our strengths

- Take a piece of paper and write your name on it
- Stick it on the wall



photo by Freepik

Our strengths

- Take a sticky note
- Write a quality/strength you think that person has
- Write an example situation
- Stick it on that persons paper on the wall
- Repeat for everyone



photo by Freepik

Our strengths

- Before you read yours, write what you consider to be your strength.
- Which of your strengths are recognized by most other people and by yourself?
- Which strengths listed by others surprised you?

Appreciation sentences



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Let's do it

- Write your name on a small piece of paper and put it on a pile.
- Once all the names are in there, take one (make sure it's not your own)

Let's write

- Pick one or more appreciation cards.
- Write the name of the person you've got.
- Complete the appreciation sentence/s and put it on my desk / the person's box or envelope.



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Appreciation sentences

I just wanted to let you know...

I have appreciated your
innovative thinking...

I'm impressed with...

You got my attention with...

One of the things I enjoy most
about you is...

We couldn't have done it without
you:

What an effective way to...

The gift you have given me is..

Let's discuss

- How do you think appreciation can impact teamwork and leadership?
- What's one thing you will try to do differently to show more appreciation in your daily life?

Let's reflect

- I can express appreciation and acknowledge the efforts of my peers in a meaningful way.
- I can understand how appreciation strengthens relationships and builds a positive team environment.
- I can use positive reinforcement to create a more supportive and collaborative culture.