

Silent Appreciation

The Power of Words

Silent Appreciation encourages children to practice gratitude and writing at the same time.

By completing and sharing a few kindness and empathy sentence stems, pupils can reflect on one another's strengths, traits, and attributes.

Sharing these with one another can help to build relationships between classmates and give children a healthy boost to their self-esteem.

This simple sentence completion exercise is designed for primary school students, as it does require some basic literacy skills.

Instructions

1. Prepare the *Silent Appreciation* exercise by choosing from - or creating your own - appreciation sentence stems. The next page can easily be printed out and distributed among students.
2. Ask each student to write their name at the top of the sheet, without filling out any of the sentence stems.
3. Collect the sheets and re-distribute them among the class so that each child has a sheet with a different student's name.
4. Give the class a few quiet moments to complete the stems. This involves writing down the things they appreciate or admire about the child whose name is atop the sheet. They may choose to fill out one stem, two stems, or as many as they like.
5. Continue collecting and re-distributing the papers among the class. Students may decide to fill out whichever sentence stem appeals to them, after reading the name atop the sheet.
6. After several rounds, return the *Silent Appreciation* sheets to the students who are named at the top. Let them appreciate the kind things their classmates have written about them in turn!
7. This exercise can be made even more enjoyable by asking students to voluntarily read out a few of the nice things their peers have said about them. It can be a great all-around mood-booster!

Silent Appreciation Sentence Stems

Name:

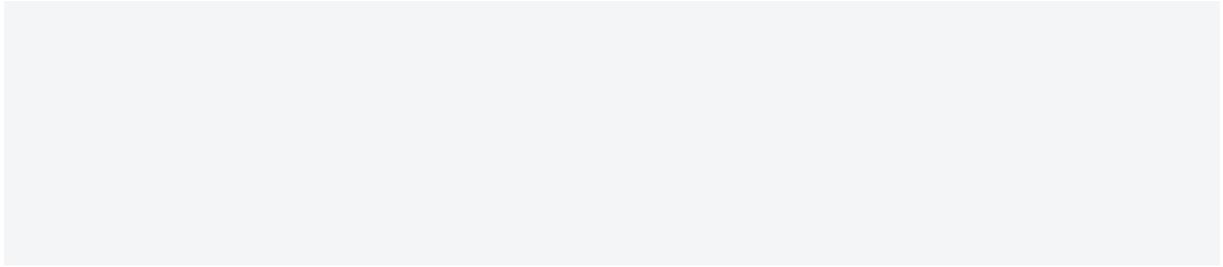
One cool thing I've learned from you is...

I admire your personality because...

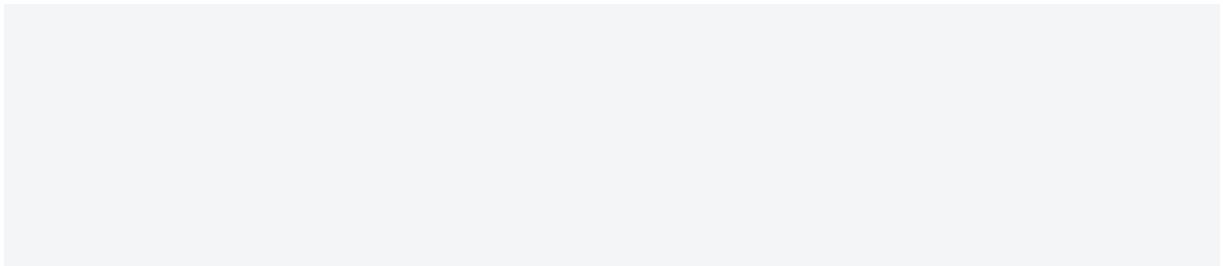
I am so grateful that you do/are...

I have confidence in you when...

Some great things about you are...



I think it's great the way you...



I enjoy spending time with you because...

