



RecipeCards

A Project of the Jeffco Student Health Advisory Council

SOMETHING I APPRECIATE

An activity to develop connection through anonymous appreciation and acknowledgment of each other.

Time
15-30 Minutes

Group Size
15-30 Students

Materials
None

INSTRUCTIONS

1. All players lie in random formation in the area. Lights are turned off to allow peaceful ambiance.
2. After everyone is down, and all eyes are shut, 3 to 5 players are chosen (depending on size of group) randomly by silently tapping the shoulder. These chosen may stand up silently and move to one side of the down players.
3. Proctor will say "Tap someone..." with a phrase or quality such as "who has shown you support" "that you admire" "that you think is smart" "that is humble" "that you would like to get to know" etc.
4. The chosen students will move silently among the down students and tap 3 to 5 that they feel applies to the proctor's statement. After two to four rounds, have the chosen students lay down, and the proctor will choose a different bunch of students.
5. There is no talking other than the proctor - loses anonymity if students know who is who.

DISCUSSION QUESTIONS

- Were you surprised by any of the things that you were tapped for?
- Do you feel closer to your peers?
- How did you feel from the appreciation? Why did it have to be anonymous? Does it have to be anonymous in the future? Is it worth showing appreciation?

