

ACTIVITY: Showing Appreciation: I Noticed....

Purpose

The purpose of this activity is to:

- Discuss the importance of showing appreciation.
- Demonstrate an easy way to build and strengthen relationships by showing appreciation.

ESTIMATED TIME

5 minutes

MATERIALS

Notecards (optional)

Background

Feeling appreciated is one of the greatest human needs. When we show appreciation for others, we strengthen our relationships. Showing appreciation builds connections because it makes people feel valued. When we let someone know they are appreciated, they know that we've been paying attention because **they matter**.

Appreciation is also a great way to help build or repair difficult relationships because it reinforces positive behavior. Through appreciation we show others that, although we may not see eye to eye on everything, we are not just focusing on our problems or differences. We are noticing the good in each other.

Activity

Explain the following activity to the group.

- 1) Pick someone to whom you would like to show appreciation. This can be someone to whom you are close that you may take for granted, or it can be someone you don't know as well, or even someone with whom you have a difficult relationship.
- 2) Every time you see this person, notice one positive thing. This can be something you admire about him or her, a positive action you witnessed, something he or she did for you that you appreciate, etc. Write this down on a notecard. Do this for seven days (this may take a week or longer depending on how often you see the person).
- 3) Jot a short note of explanation on the card. The next time you see the person give him or her the card.

Discussion Questions/ Key Points

- Ask the group to share thoughts on the activity. Is this something you would be willing to try?
- How would it feel to try this with someone you don't know well? How would it feel to try this with someone with whom you have "issues"?
- Discuss how building relationships - especially with those with whom we may have conflict - often requires us to step out of our comfort zone. Are we willing to do that if we know it may make things better?

Let's Try This!

Ask the group for volunteers to try this "experiment". Sometimes approaching things as an experiment helps us to feel a little more comfortable trying something new.

Follow-up

Ask those who are willing to try the activity to discuss the results at the next team meeting.

Why Appreciation Matters So Much.

<https://hbr.org/2012/01/why-appreciation-matters-so-mu.html>

A Little Thanks Goes A Long Way. Adam M. Grant and Francesca Gino. Journal of Personality and Social Psychology. Online at:

http://www.umkc.edu/facultyombuds/documents/grant_gino_jpsp_2010.pdf