

Appreciating Each Other's Strengths

Appreciating Others



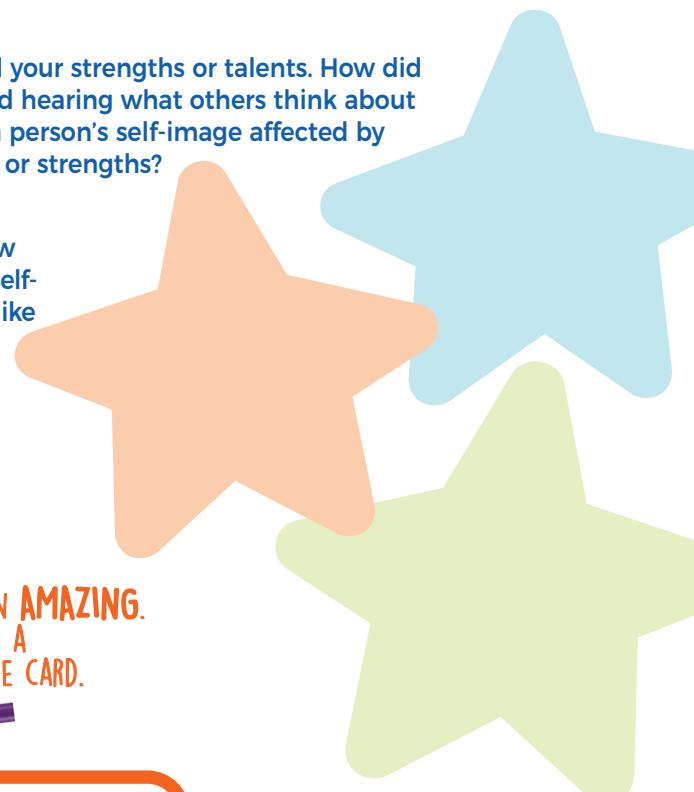
RESPOND to a memory of when someone acknowledged your strengths or talents. How did it feel to hear supportive words spoken about you? How did hearing what others think about your abilities impact how you felt about yourself? How is a person's self-image affected by what you do as well as what others say about your actions or strengths?



CONNECT your special memories with ways you could show appreciation of others' strengths and help them boost their self-image. Start by making a list of traits you admire and would like to encourage.



CREATE a *Strengths and Talents* note for yourself or someone else. Illustrate the note with an image of yourself (or the other person) doing something that showcases exceptional abilities or personal strengths.



IN THE STARBURST, DRAW WHAT MAKES THIS PERSON **AMAZING**. TO EMPHASIZE THE ILLUSTRATION'S MESSAGE, WRITE A DESCRIPTION OF THE RECIPIENT'S STRENGTHS ON THE CARD.



PRESENT the illustrated card to the person you created it for. If the note is for you, take a moment to absorb the kind words and appreciation you have for yourself. If you are giving it to someone else, be sure they know that these affirming words are just some of their many strengths.

You could expand this experience by having small groups work together on appreciation cards. Four or five people could work together, each contributing to a card given to everyone in the group. It would be a collaborative illustrating and writing experience. Then each person would receive a card created especially for them that expresses the appreciation their peers feel for them.