

How Appreciation Feels

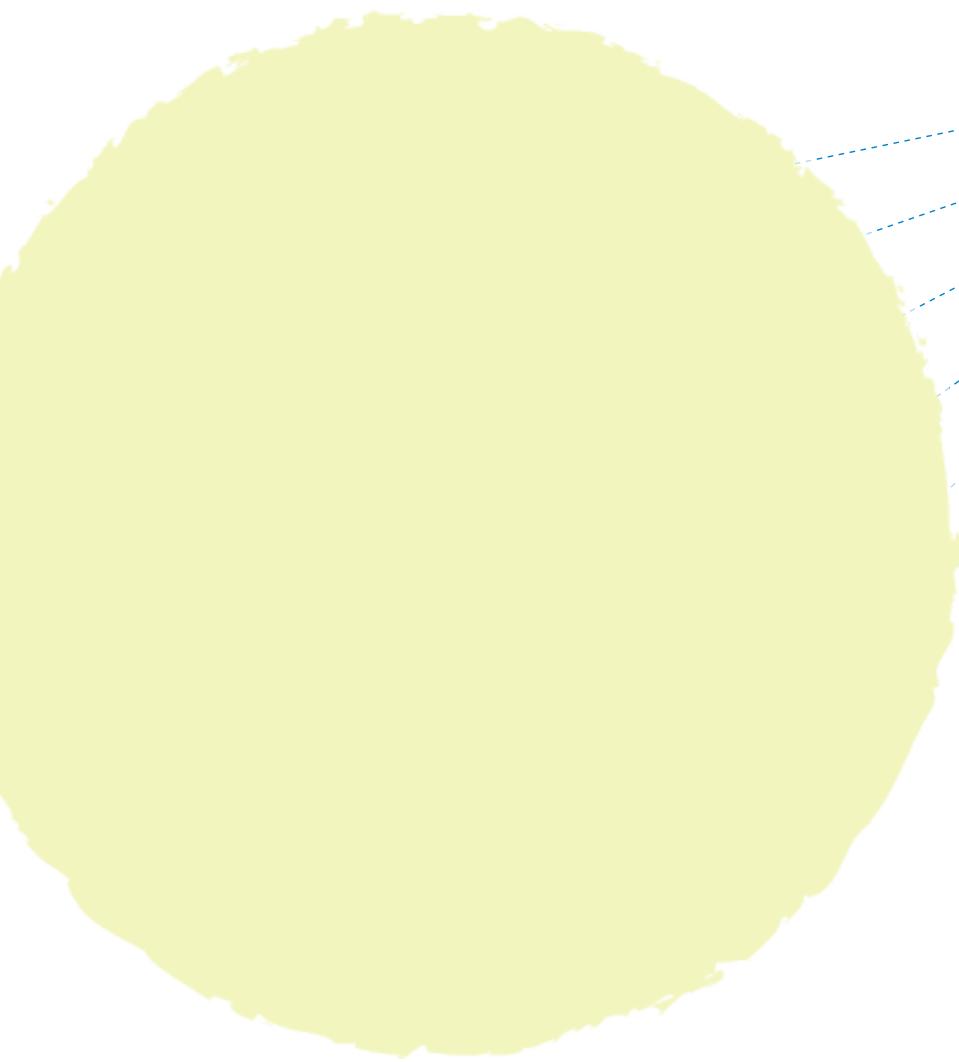
Appreciating Others



RESPOND to a situation in which you felt seen, heard, or appreciated. What was said or done that made you feel special? Reflect on what occurred when someone appreciated you. How did you feel in that moment and what are the emotions you feel as you remember this experience?



CREATE a picture of yourself in a scene where you felt appreciated. Write some of the words that were said and the emotions you felt as if they were being poured from a watering can. How can words that acknowledge your ideas or actions nurture you in similar ways to how water poured on plants helps them flourish?



PRESENT your portrait while you describe what it feels like to receive appreciation. As classmates or family members share their portraits and situations, notice the commonalities. What was similar about the appreciation scenes you and others drew and the situations remembered?



CONNECT these situations with additional ways people can feel appreciated. Based on your personal experiences and what you heard from others' presentations, what key points do you want to remember and what words or gestures do you plan to use to show people that they are valued, and their ideas and actions are appreciated?