



Show appreciation to a counselor or mentor.

Art by Katrina, age 16, California, USA



Get Inspired

Quote

"Gratitude makes everything turn into a gift."

Author Unknown

Fact

Gratitude builds strong friendships.



Shake It Up

Do 10 Cherry Pickers.

"I am gracious and kind!"



Talk It Out

1. Think of someone who has made a difference in your life. How do they make you feel?
2. What is it about him/her that you are most grateful?
3. Brainstorm some ways you can show your appreciation.
4. How do you think this person will feel when you show her/him your appreciation?



Do It!

1. Choose a counselor or mentor who has made a difference in your life.
2. Decide on one way to show appreciation to that person. (i.e. write a poem, write a thank you note, draw them a picture, paint them a peace rock, sing them a song, etc.)
3. Complete the activity.
4. Share it with the class.
5. Present it to your counselor/mentor.

Show appreciation to a counselor or mentor.

SEL Competencies

Relationship Skills

Communication
Relationship Building

Social Awareness

Respect for Others
Empathy

Self-Awareness

Identifying Emotions

Timeframe

15 – 30 min

Materials Required

(Needed materials will differ depending on the project each student selects.)

Possible materials include:

Paper

Crayons, colored pencils, markers or pens

Rock



Get Inspired

Quote

Invite a student to read the quote.

Fact

Gratitude builds strong relationships.

[Source](#): Harvard Medical School



Shake It Up

Get your students moving. Invite them to do the following activity:

Lead your students in doing 10 Cherry Pickers. Ask them to please stand and do the following sequence.

1. Jump up to the ceiling.
2. Jump down into push-up position.
3. Jump into a frog position.

That's 1. Do 10 more. When the students are done, invite them to say, "I am gracious and kind!"



Talk It Out

Encourage your students to reflect on the provided questions.

1. Think of someone who has made a difference in your life. How do they make you feel?
2. What is it about him/her that you are most grateful?
3. Have students brainstorm some ways they can show their appreciation. (Records students' ideas on flipchart paper.)
4. How do you think this person will feel when you show her/him your appreciation?



Do It! (individually + as a class)

1. Have students identify the one counselor/mentor they want to show appreciation to.
2. Using the brainstorm list, have your students each choose one way to show appreciation to their selected person. (i.e. write a poem, write a thank you note, draw them a picture, paint them a peace rock, sing them a song, etc.) Students do not need to all do the same project. Each student may select the project they'd most like to do.
3. Have students complete their chosen activity.
4. Have students share it in the classroom and take a class photo of their finished product.
5. Have students present it to their counselor or mentor.