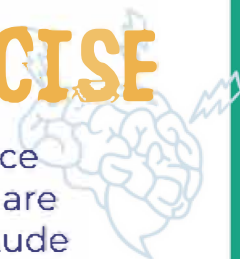


FRIENDSHIP APPRECIATION EXERCISE

One of the easiest ways to show kindness every day is to practice gratitude daily. In fact, scientists have discovered that when we are grateful and appreciative towards others, we receive more gratitude and appreciation ourselves.



Create a CLASS MEETING and get together at the end of the week and take it in turns to share what you're grateful for, and thank each other for things they have done for you, and share how it has made you feel. Here are some thought starters below...

 "I'm
GRATEFUL
for..."

"It makes me
HAPPY that..."

"THANKS for
cheering me up
when..."

"THANK
you for..."

"I LOVE it
when you..."

"I'm just
SOOOOOO
thankful for..."

"I really
APPRECIATED
it when..."

