



RESILIENCY

ACTIVITY: Showing Appreciation: I Noticed...

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.

The activity below is one way to build and strengthen relationships by showing appreciation.

Try This!

- 1) Think of someone you don't normally appreciate.
This could be someone you are close to that you may take for granted, someone you don't know well, or even someone you have a difficult relationship with.
- 2) Every time you see this person, notice one positive thing, such as something you admire about them, a positive action you witnessed, or something they did for you that you appreciate. Note this positive thing on a notecard or digital device.
- 3) Do this for seven days (or longer depending on how often you see the person).
- 4) The next time you see the person, give them a short explanation and the things you noticed.
This could be on a physical card or through BJC Shines - bjcshines.org

Why Appreciation Matters So Much.

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

References and additional information goes here. Set up same as Facilitator Instructions.
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