



# APPRECIATION CHAIN

Showing appreciation and looking for things in our lives to appreciate is vital to our happiness and the happiness of others. We want to make sure that those in our lives know we are grateful for them. At the same time, we want to focus as much as possible on the good.



## Steps:

### Supplies:

- Construction paper
- Scissors
- Glue/tape
- Markers
- Decorations

Talk about the concept of gratitude. What are ways people have helped you? What is appreciation? What is gratitude? How can you show it? How do you feel when you appreciate something or someone? How does it feel when someone tells you they appreciate the things you do?

Have students take strips of construction paper. On the strip they can write down one thing they are grateful for. They can make as many as they want and decorate. Once the decorations are dry, make the strips of paper into a paper chain.

Empower students to help choose the place in the classroom where the appreciation chain will hang. Leave construction paper strips in a place where students can get them to create more links as the year goes on. Keep adding to the chain. As it grows, remind students about appreciation and showing gratitude.

Watch as the chain takes over the room as the year goes on!