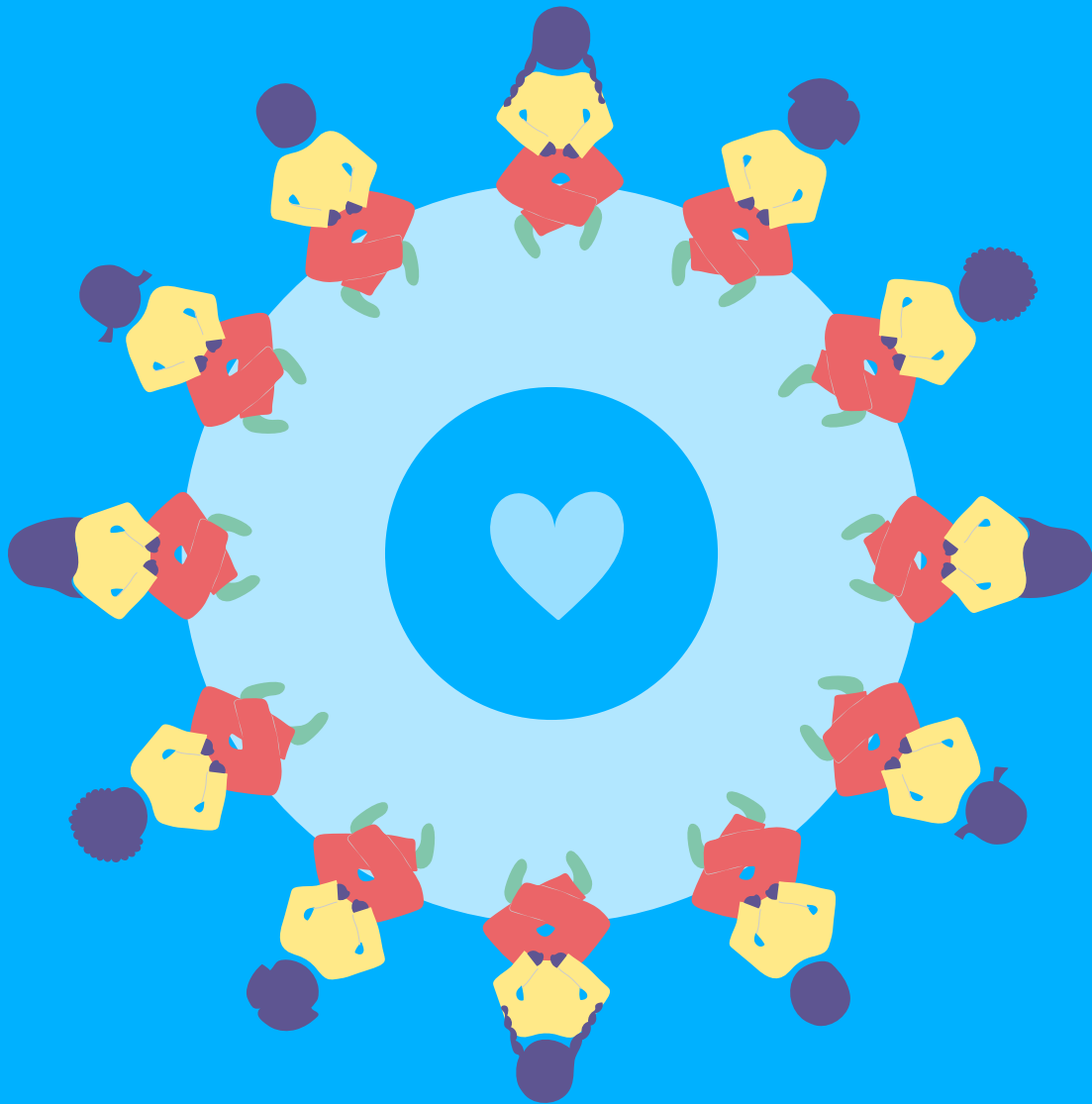




# Appreciation circle

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This activity encourages children to appreciate positive attributes and qualities in everyone, recognising differences and similarities and building friendships.

It may be useful for supporting a particular child with self-esteem issues, or a good activity for the whole class to complete together.

# Introduction

To introduce the activity, you may want to begin by discussing the following prompts:

- What is a positive attribute?
- What qualities do you look for in a friend?
- What do we mean by being respectful?

## Appreciation circle

Sit in a circle. Explain to the children that we are going to think of positive qualities about ourselves and others, and that this will help us to learn about each other, build self-esteem and build respectful relationships.

Select one child to be the focus. Going around the circle, the children take turns to think of and say aloud one positive quality or skill of the focus child, ending with the child themselves e.g. Holly is brave, Sam is amazing at drawing, I am kind to my friends.

Encourage the children to think of different answers each time. They may want to expand on their choice with reasoning. The teacher could record this for the child to keep.

This activity could then be repeated to rotate through all the children in the class throughout the week or even spread across a term.

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## After the circle

Once the appreciation circle is finished, discuss the following prompts with the children:

- How did it feel to hear positive things about yourself?
- How did it feel to say positive things about others?
- How do you think an activity like this helps to build friendships/relationships in the class?

## Alternative activity

If it is too difficult for the children to articulate or you feel this activity may not be suitable being done aloud, this could be done by creating an 'appreciation box' and giving out cards for the children to write their positive statement on and posted into the box.

These could then be read aloud and shared or glued on to a sheet for the child to keep.

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Name: \_\_\_\_\_

Date: \_\_\_\_\_

## My positive qualities