

# Appreciation Circle

Time: 5–10 min

**Purpose:** To appreciate members of the group.

**Skills:** Appreciating similarities and differences, Communication, Honesty, Listening

You  
will  
need...



- 2–30 participants
- Early elementary age participants or older
- Enough space for participants to form a circle

Before  
You  
Begin



- Prepare the reflection questions you will ask participants in the debrief.

## Directions

**Introduce** the activity Appreciation Circle. Use this time to reinforce any established expectations that are important for participants to remember during the activity.

**Explain** that the objective of the activity is to express appreciation for each other.

**Ask** participants to form a circle.

**Explain** to participants that appreciation is recognizing positive behavior in another person.

**Model** for participants by sharing something you appreciate about the group.

**Call on** a participant to share an appreciation, and then **tell** participants to continue giving appreciations around the circle, making sure everyone gives and receives an appreciation.

**Remind** participants to thank the person giving them an appreciation.



**Tip:** Prompt participants to appreciate recent actions and ask them to avoid appreciations of material qualities/objects (e.g. I like your clothes).



**The activity ends when everyone has had the opportunity to share an appreciation. Explain to participants that now they will reflect on how they experienced the activity.**

## Debrief

**Debrief** the activity with participants. Remember, this activity is only as effective as your debrief. This is your opportunity to help participants connect the activity to personal experiences, actions, and beliefs. You will want to reinforce any skills or beliefs you are hoping participants will carry beyond the activity.

## DEBRIEF CONTINUED

For more on facilitating debriefs, refer to the [Debriefing Tip Sheet](#) on our Digital Activity Center.

We've included some suggested questions below to get you started.

**Ask:**

*What happened during the activity?*

*Why do we show appreciation?*

*How does it feel to be appreciated?*

*How does appreciating help build a peaceful community?*

**Thank** participants for taking part in the activity.