



kid-grit is partnering with the Afterschool Alliance and Lights On Afterschool to provide an exciting activity to use during your celebration. The kid-grit collective is passionate about equipping educators and students with the tools needed for success. Their activities will help students build their personal resilience and grit to become positive and productive contributors in their personal and professional lives.

APPRECIATE!

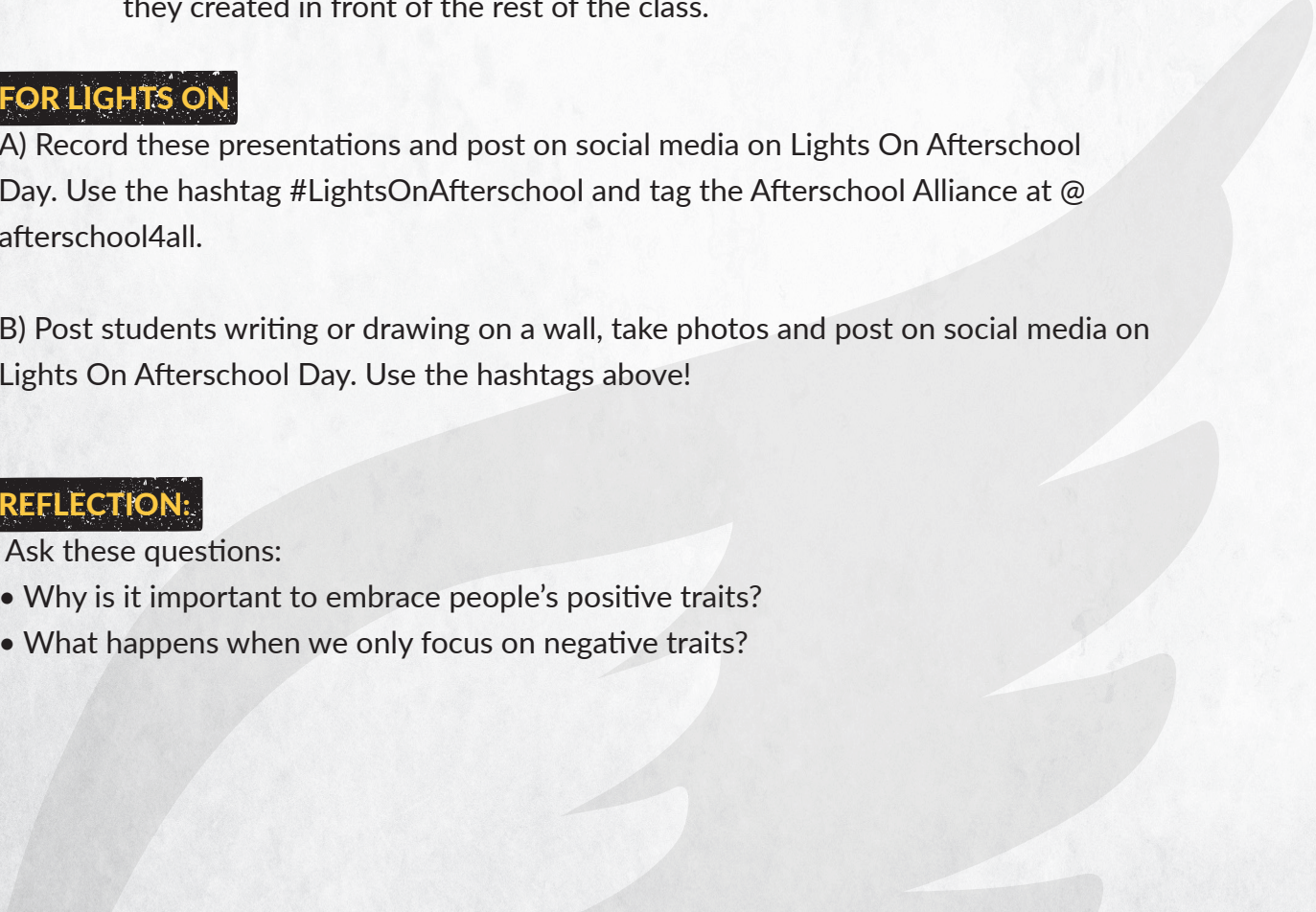
OBJECTIVE: To have students give direct and intentional compliments to each other, to an instructor, or to the afterschool program in order to cultivate a program of kindness.

MATERIALS: Pen, markers and paper of any kind. Recording device if needed.

TEACHER TALK: This is an activity where students will write or draw positive and encouraging language about a peer, an instructor or about the afterschool program. Afterwards, students will present aloud their writing or drawing. As we know, there never enough opportunities, times and places for giving a compliment, moreover, receiving one.

ACTIVITY

1. Ask students to think of either a friend, an instructor, family member or something they appreciate about the afterschool program.
 - a. If students don't understand the definition of appreciate, explain it's as simple as liking or admiring something or someone.
2. Ask students to jot down or draw what they 'appreciate' and why. If they need a sentence starter use 'I appreciate _____(who or what) because _____ (the reason why).
3. If students wrote something about another student...
 - a. Pair students into groups of two.
 - b. Tell students they will have a simple but challenging exchange of giving compliments to one-another for 30 seconds. There are only two rules:
 - i. The listener or compliment receiver CANNOT TALK before the 30 seconds are up.
 - ii. There can be no negative comments spoken. Students should complement each other and make comments on positive things they noticed about their partner.

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- iii. Have the students switch positions and repeat activity from the other person's point of view.
 - iv. At the end of one minute, debrief and discuss the activity.
 1. How did you feel about receiving a compliment?
 2. How did you feel about giving a compliment?
 3. How did you feel not being able to respond?
 - v. Encourage an open discussion about how we treat each other on a daily basis. Ask students to share their thoughts and feelings on bullying, isolating their peers, being unique, and any other hot topics you'd like to add. If at any time you become uncomfortable with the conversation, or if you feel that a student is a danger to themselves or another student, tell them you'd like to speak with them alone following the discussion.
4. If students chose to write or draw about an instructor, have them share what they created in front of the rest of the class.

FOR LIGHTS ON

A) Record these presentations and post on social media on Lights On Afterschool Day. Use the hashtag #LightsOnAfterschool and tag the Afterschool Alliance at @afterschool4all.

B) Post students writing or drawing on a wall, take photos and post on social media on Lights On Afterschool Day. Use the hashtags above!

REFLECTION:

Ask these questions:

- Why is it important to embrace people's positive traits?
- What happens when we only focus on negative traits?

PASSION → PERSEVERANCE/GRIT → SELF-CONFIDENCE → SUCCESS

At kid-grit our mission is to equip educators with the knowledge and tools to build confidence, character, resilience, social emotional learning, self-care, and wellness in themselves and their students.