

## ACTIVITY: APPRECIATION WALL

During the beginning phases of relationship building, it’s important that group members articulate what it is exactly that they appreciate about each other. Of course, learning names, faces and personal stories is important too. When group members feel they’ve bonded with their peers, relationships within the group grow; when group members become aware of the personal gifts and qualities that their peers appreciate, members more freely contribute these gifts to the group’s work – your group will see even more pronounced success in their work (not to mention a self esteem boost!)

### OVERVIEW

This exercise offers participants an opportunity to learn each other’s names and faces, share stories about their life, and tell one another what they appreciate about each other – in short, participants get to know each other in a meaningful way.

### OBJECTIVES

- To share participants’ experiences
- To identify commonalities between youth and adults

### TIME REQUIRED

Approximately 30 minutes

### SUPPLIES

You’ll need a Polaroid or digital camera, a printer (if you’re using a digital camera), stapler, copies of **Handout 5A** for all participants, and writing implements (pens or pencils).

WHAT	TIME	HOW	MATERIALS
<b>Step 1: Welcoming participants</b>	5 min	As group members arrive at the meeting, take a Polaroid or digital picture of each person. If you take digital pictures, print them. Staple each participant’s photo to a copy of <b>Handout 5A</b> , and give participants the handout that has their picture. Welcome participants to the activity and ask that everyone take a seat in the circle.	Polaroid camera or digital camera and printer  Stapler  Copies of <b>Handout 5A</b>
<b>Step 2: Pairing up</b>	5 min	When everyone is seated, have participants look across the circle until they make eye contact with someone. This person will be their partner for the exercise. Have each pair find a spot in the room where they can sit facing each other. Then have the pairs greet and exchange pictures.	
<b>Step 3: Listening and sharing</b>	20 min	Invite the pairs to take turns interviewing each other, using the questions on <b>Handout 5A</b> , and write their partner’s responses on the handout.	Pens or pencils
<b>Step 4: Discussing and reflecting</b>	10 min	Come back together as a full group and ask participants to share one thing they learned about their partner.	

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WHAT	TIME	HOW	MATERIALS
<b>Step 5: Appreciating</b>	3 min	Ask participants to write down something they appreciate about their partner in the space on the paper below their partner's picture.	
<b>Step 6: Deepening</b>	Ongoing	Hang the handouts with pictures up in your meeting space so that participants can learn names and faces. Encourage participants to continue writing appreciations as they get to know one another throughout the project.	

## HANDOUT 5A: GETTING TO KNOW YOU...

Name \_\_\_\_\_

Place photo here

1. What motivates you?  
Inspires you? Drives you  
to excel?

2. What is something most  
people don't know about  
you?

3. What is the best vacation  
you've ever been on, and  
why?

Appreciations:



Handout 5A