

GRATITUDE TAPPING ACTIVITY

Instructions: The facilitator will instruct each of the participants to sit in a large circle facing away from each other. Once everyone is seated and comfortable, have each student close their eyes. Encourage the importance of not peeking throughout each round. Once everyone understands the directions, the facilitator will tap 3-7 individuals to open their eyes and stand up and quietly stand in the middle of the circle. Once they are all in the middle, they will be instructed to tap (on the shoulder, arm, or back) the individual that someone else most pertains to.

Once the facilitator has read through several statements the tapped individuals will resume their positions lying on the floor with eyes closed and the next group will be tapped. This will continue until all members of the group have had the opportunity to reach out and touch someone.

(** Closely monitor the activity between statements. There are times that students may not get tapped. If you notice that someone isn't being tapped at all, quietly walk over and tap the shoulder of someone with a statement that you feel is accurate.**)

Emphasize the importance again to keep eyes closed and talking should be discouraged. Once you feel comfortable and everyone is set, you can begin with the prompts.

Tap someone who...

Makes you laugh	You have learned something from	You can trust	You can count on	Is artistic	You appreciate	Is a good athlete
Is intelligent	You couldn't live without	You want to know more about	Is strong	Is a good person	Makes you feel important	Is nice
Gives full effort	Is a true leader	Is reliable	You can tell anything	Challenges you	Has great ideas	Brightens your day
Makes you feel comfortable	Knows a lot about you	Shares an interest or hobby with you	You wished you knew better	Is a leader	Has taught you something important	Is a friend
You trust	You respect	Is a good listener	Has helped you when you needed it the most	Has made you try harder	Has inspired you	Fun to be with
You feel supported by	Has given you good advice	Does a good job	Has recently done something nice for you	Has a good sense of humor	Is patient	Is forgiving
Optional: _____	Optional: _____	Optional: _____	Optional: _____	Optional: _____	Optional: _____	Optional: _____

Processing prompts:

How did it make you feel when you were touch on the shoulder?

How did it make you feel when you were not touched on the shoulder?

Why do you think we don't tell each other these things more regularly?