

Training Package on T-standard⁺ for Schools
Activity Seven: Mutual Appreciation – Making Heartfelt Cards

Objective	To induce positive responses from teachers towards T-standard ⁺ by enabling them to connect their own experiences with T-standard ⁺
Materials	1. Heartfelt Cards
Suggested duration	25 minutes

Duration	Procedures/Materials	Focus
Part I: Write heartfelt cards (10 minutes)	<p>1) Give each teacher a heartfelt card. Ask them to write compliments to a colleague by describing how well he/she has done to fulfil a particular professional role with a brief example, e.g. praising him/her for being a “committed role model of professionalism” with insightful views on educational policies presented in various professional contexts (Distinguished).</p> <p>Notes:</p> <ul style="list-style-type: none"> ✧ In this activity, teachers are to give some serious thoughts on the three professional roles and apply them to expressing appreciation of their colleagues. Trainers are to distribute the heartfelt cards after giving an introduction to the activity. Teachers should be given ample time to think and write the cards (soft music may be played in this session). ✧ The activity may be conducted in any of the following or other ways as appropriate: <ul style="list-style-type: none"> i) Ask teachers to pair up and write a heartfelt card to each other on the spot. ii) Ask teachers to write a heartfelt card to a particular colleague in mind and give out the card at the end of the activity. 	➤ To bring positive energy to teachers by creating opportunities for them to appreciate each other

<p>Part II: Share examples (15 minutes)</p>	<p>2) Ask three to four teachers to share examples of appreciation shown in respect of different professional roles.</p> <p>Note: ✧ If time allows, ask a few more teachers to do the sharing.</p> <p>3) Ask teachers to give the heartfelt cards to their colleagues.</p> <p>Note: ✧ Teachers may give out the heartfelt cards right away or after the activity.</p>	<p>➤ To encourage teachers to look for good teachers around them and show appreciation</p>
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Extended Learning/Activity:

- ❖ Teachers who have attained distinguished achievements in one or more professional roles may be invited in advance to share their stories, successes and insights in this session to give other teachers a better understanding of their professional roles in T-standard⁺.