“WE” Positive Dynamics Scheme

**Teacher Workshop (Secondary School)**

**“The Key to Giving Appreciation Effectively”**

**Objectives:** Enable teachers to understand the advantages of giving appreciation and grasp the skills of appreciation

**Duration:** 105 minutes (to carry out one activity) /

135 minutes (to carry out two activities)

**Target:** All teachers / Teachers who carry out the Scheme

**Rundown:**

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| **Duration** | **Content** | **Materials Required** |
| 5 minutes | **Psychological Quiz**  **Revelation:**   1. Every word and action of yours reveals your values; 2. Your values will affect others; 3. Your positive dynamics is worth looking forward to. | Brief  (Pages 2 to 4) |
| 40 minutes | **Explanation of the skills of appreciation and their application**   1. Introduce the objectives of the “WE” Positive Dynamics Scheme 2. “What is appreciation” Video Viewing (about 2 minutes)   https://[www.youtube.com/watch?v=APCyC6GyRkU](https://www.youtube.com/watch?v=APCyC6GyRkU)   1. Advantages of giving appreciation 2. Apply 3B skills of appreciation    * + Being Seen      + Being Recognized      + Being Wanted 3. Tips for giving appreciation   **Summing-up:**  Teach students how to appreciate themselves and others can help them internalise the motivations of their good behaviours and establish an intrinsic self-affirmation mechanism so that their self-esteem can be enhanced. | Brief  (Pages 5 to 22) |
| 30 minutes  (for one activity)  or  60 minutes  (for two activities) | **Group Activity**  School may choose to carry out the following activity (1) or/and activity (2) in view of the training duration and number of participants.   1. **【Human-shaped Tank】（20 minutes）**   **(5 to 6 people per group is recommended)**  **Objective:** To illustrate the importance of team work.  **Preparation:** Set the finish line**.**  **Rules of the Game:**  Each group has to make an imitated band of tank track in 15 minutes and imagine themselves are the wheels of the tank. They have to move forward in unison without breaking the track. (The fastest team that reaches the finish line wins)  **Illustration:** Culture of praising others has to be painstaking created by all the people together.   1. **【Soaring high】（20 minutes）**   **(2 to 4 people per group is recommended)**  **Objective:** As long as we observe carefully, we can identify strengths in every student**.**  **Preparation:** Mark 3 scoring sections with different ranges.  (e.g. Long-range: 3 points; Mid-range: 2 points; Near-range: 1 point)  **Rules of the Game:**  Each group has 10 minutes to make use of the materials distributed to them for folding paper planes (no restrictions on the size and number of plane but each group has to write their group number on the plane), and is given two chances to fly their planes. Each group has to take turn to throw their planes to the scoring sections to get the respective scores in 5 minutes. (The team with the highest score wins)  **Illustration:** Appreciation should be given in view of the actual needs of students. | Brief  (Pages 23 to 26)  **Activity (1):**   * Newspaper   (3 copies for each group)   * Adhesive tape   (1 roll for each group)  **Activity (2):**   * A4 size paper   (5 pieces for each group) |
| 20 minutes | **Mutual Appreciation**  **Objective:**  Enable all participants to have the positive experience of being appreciated and apply 3B skills of appreciation to appreciate people.  **Rules of the Game:**  Each participant has to apply 3B skills of appreciation to appreciate team members according to their performance in the game and their character strengths displayed during the course.  **Summing-up:**  It is unavoidable that we would encounter difficulties in our lives. Support from companions and appreciation of others give us the strength to overcome them. Likewise, in order to help students overcome adversity, students must realise their own uniqueness and value of existence. More importantly, they have companions to advance and retreat together. Teachers are students’ best “companions”. As such, encouragement and appreciation from teachers are indispensable support to students, and can help them walk through the abyss of helplessness and desperation! | Brief  (Page 27) |
| 10 minutes | Kindness Boomerang - "One Day" Film Watching  (about 6 minutes)  <https://www.youtube.com/watch?v=nwAYpLVyeFU>  **Conclusion:**  From now on, give yourselves more compliments, learn to appreciate yourselves and then try to appreciate the people and things around you. You will realise that you have more strengths than you think you have. The same applies to your students! Everyone has his value but you must seek with your hearts! | Brief  (Pages 28 to 32) |