**November GATE Group: Good Cents**

**SKILL: Relationship Skills**

**Target:** Students will be able to identify times throughout their day that they praise others for their help, good thinking, work, behavior, etc….

**Lesson:**

The more attention people get for the good things they do, the more they want to repeat the behavior. Psychological research demonstrates that positive feedback has a huge impact on motivation. Yet we can easily find ourselves focusing instead on what others do wrong.

What kinds of praise can we give to others around our school?

* Brainstorm with your small group.
* Share out together.

How can we praise classmates who we don’t normally think of praising?

**Challenge:** Commit yourself to giving people at school (your friend, a teammate, a teacher, etc..) five pieces of positive feedback every day for a week, and see the difference it makes. Then try it again the next week, and continue this until we meet again for GATE Group in December. Let’s see if this long-term positive praise makes a difference in how you feel about others, how you can relate to more kids in your class, and how, overall, this process might change the person you are becoming.

**How to Keep Track of Your Praise:**

Start each day with five pennies in the left side of the Ziploc baggy. (The Ziploc baggy will be taped or sealed inside right down the middle.) Each time you praise a person, move a penny to the right side of the baggy. By the end of the day, all of the pennies should be moved to the other side.

* Remember to share clearly with whom you are praising, by giving them detailed reasons for your praise. For example: you can describe the situation that your friend made better, or describe the behavior that a teammate chose to use that was positive, or you can praise a teacher on how much you liked an activity or lesson, or another adult on something that you noticed they did well, etc...
* Remember to move all pennies back to the left side at the end of each day, so you are ready to give out praise the next day.
* Remember to think about how it makes you feel to give out praise. Do you feel it changing you?

In December, we will celebrate the results of this activity!! If all GATE Group students bring their baggies of pennies back to our December session, Mrs. B. will have a “Praise Activity” prepared for the whole group.