

## GRATITUDE - TAG SOMEONE

VALUE TOPIC: Gratitude - The feeling or quality of showing appreciation for what you have

CATCH PHRASE: Reflect and smile -  
Hurihia tōu aroaro ki te rā (Turn your face towards the sun)

### TOPIC SUMMARY

Problem: I'm struggling to be positive. When we find it hard to be positive, we can reflect upon a time that makes us smile and find a sense of gratitude.

### Activity - Tag Someone

The aim of the activity is to engage students in a physically interactive way with the value topic - Gratitude. Being grateful for the people around us requires us to consider how others have made us feel, impacted our lives, and influenced us. Once we have done this, we can then let them know that we are grateful for them.

SPECIFIC LEARNING OUTCOME	RESOURCE	LESSON SUGGESTION
5. We are learning to identify and be grateful for the people in our class.	- 'Tag Someone' activity	<p>This is a whole class or large group activity. Print the prompt/script cards (which outlines the procedure of this activity in detail) from the 'Tag Someone' resource. Before including the students, go through the cards, thinking and writing which students you will tag for each 'gratitude instruction', making sure everyone gets a turn being a 'tagger'.</p> <p>It's really important to create an environment of respect and quiet contemplation - having lower lighting, the students close their eyes, and being calm as a facilitator all helps with this. There are some empty 'gratitude instruction' cards for you to fill with other ideas you may want to include. Complete this activity with the two debrief questions found on the last prompt/script card.</p>

<p style="text-align: center;"><b>Tag Someone</b></p> <p style="text-align: center;">Instructions to get started - part 1/4.</p> <p style="text-align: center;"><i>“I need everyone to make a circle.”</i></p> <p>Make sure...</p> <ul style="list-style-type: none"> <li>- everyone is sitting next to others who won't be distracting.</li> <li>- while giving the instructions have everyone sit facing into the circle.</li> <li>- while doing the activity everyone faces outwards.</li> <li>- if necessary go over with your students what a 'tag' is             <ul style="list-style-type: none"> <li>- a soft touch on the shoulder.</li> </ul> </li> <li>- as facilitator you can tag people, when appropriate, who may get overlooked. Be aware of these people.</li> </ul>	<p style="text-align: center;"><b>Tag Someone</b></p> <p style="text-align: center;">Instructions to get started - part 2/4.</p> <p style="text-align: center;"><i>“Today we're going to do an activity called 'Tag Someone' to help us show gratefulness and appreciation to each other. When we begin you'll turn around so you're facing outwards and have your eyes closed. I will tag 4-6 of you and those I tag will open their eyes, stand up and come into the middle of the circle .”</i></p>
<p style="text-align: center;"><b>Tag Someone</b></p> <p style="text-align: center;">Instructions to get started - part 3/4.</p> <p style="text-align: center;"><i>“If I tag you it means it's your turn to show appreciation. If you are not tagged you keep your eyes closed and stay sitting. During this activity I will say a statement; for example 'Tag someone who has helped you'. If you are in the middle you will go and 'tag' the people who the statement applies to. Sometimes you might tag one person, sometimes more.”</i></p>	<p style="text-align: center;"><b>Tag Someone</b></p> <p style="text-align: center;">Instructions to get started - part 4/4.</p> <p style="text-align: center;"><i>“When you get tagged by someone showing gratitude for you...keep your eyes closed, and try to keep still, while thinking about what that person is appreciating you for.”</i></p>
<p style="text-align: center;"><b>Tag Someone</b></p> <p style="text-align: center;">Now to get going - part 1/15.</p> <p>Tag these students...</p> <ul style="list-style-type: none"> <li>-</li> <li>-</li> <li>-</li> <li>-</li> <li>-</li> </ul> <p>...to show their gratitude and...</p> <p style="text-align: center;"><i>“Tag someone who has helped you.”</i></p>	<p style="text-align: center;"><b>Tag Someone</b></p> <p style="text-align: center;">Now to get going - part 2/15.</p> <p>Tag these students...</p> <ul style="list-style-type: none"> <li>-</li> <li>-</li> <li>-</li> <li>-</li> <li>-</li> </ul> <p>...to show their gratitude and...</p> <p style="text-align: center;"><i>“Tag someone who makes you laugh.”</i></p>
<p style="text-align: center;"><b>Tag Someone</b></p> <p style="text-align: center;">Now to get going - part 3/15.</p> <p>Tag these students...</p> <ul style="list-style-type: none"> <li>-</li> <li>-</li> <li>-</li> <li>-</li> <li>-</li> </ul> <p>...to show their gratitude and...</p> <p style="text-align: center;"><i>“Tag someone who always tries their best.”</i></p>	<p style="text-align: center;"><b>Tag Someone</b></p> <p style="text-align: center;">Now to get going - part 4/15.</p> <p>Tag these students...</p> <ul style="list-style-type: none"> <li>-</li> <li>-</li> <li>-</li> <li>-</li> <li>-</li> </ul> <p>...to show their gratitude and...</p> <p style="text-align: center;"><i>“Tag someone who has been kind to you.”</i></p>
<p style="text-align: center;"><b>Tag Someone</b></p> <p style="text-align: center;">Now to get going - part 5/15.</p> <p>Tag these students...</p> <ul style="list-style-type: none"> <li>-</li> <li>-</li> <li>-</li> <li>-</li> <li>-</li> </ul> <p>...to show their gratitude and...</p> <p style="text-align: center;"><i>“Tag someone who has taught you something.”</i></p>	<p style="text-align: center;"><b>Tag Someone</b></p> <p style="text-align: center;">Now to get going - part 6/15.</p> <p>Tag these students...</p> <ul style="list-style-type: none"> <li>-</li> <li>-</li> <li>-</li> <li>-</li> <li>-</li> </ul> <p>...to show their gratitude and...</p> <p style="text-align: center;"><i>“Tag someone who challenges you.”</i></p>

<p style="text-align: center;"><b>Tag Someone</b></p> <p style="text-align: center;">Now to get going - part 7/15.</p> <p>Tag these students...</p> <p>-</p> <p>-</p> <p>-</p> <p>-</p> <p>-</p> <p>...to show their gratitude and...</p> <p style="text-align: center;"><i>“Tag someone who you see as a leader.”</i></p>	<p style="text-align: center;"><b>Tag Someone</b></p> <p style="text-align: center;">Now to get going - part 8/15.</p> <p>Tag these students...</p> <p>-</p> <p>-</p> <p>-</p> <p>-</p> <p>-</p> <p>...to show their gratitude and...</p> <p style="text-align: center;"><i>“Tag someone who has shared something with you.”</i></p>
<p style="text-align: center;"><b>Tag Someone</b></p> <p style="text-align: center;">Now to get going - part 9/15.</p> <p>Tag these students...</p> <p>-</p> <p>-</p> <p>-</p> <p>-</p> <p>...to show their gratitude and...</p> <p style="text-align: center;"><i>“Tag someone who you would like to get to know better.”</i></p>	<p style="text-align: center;"><b>Tag Someone</b></p> <p style="text-align: center;">Now to get going - part 10/15.</p> <p>Tag these students...</p> <p>-</p> <p>-</p> <p>-</p> <p>-</p> <p>...to show their gratitude and...</p> <p style="text-align: center;"><i>“Tag someone who encourages you.”</i></p>
<p style="text-align: center;"><b>Tag Someone</b></p> <p style="text-align: center;">Now to get going - part 11/15.</p> <p>Tag these students...</p> <p>-</p> <p>-</p> <p>-</p> <p>-</p> <p>...to show their gratitude and...</p> <p style="text-align: center;"><i>“Tag someone who is special to you.”</i></p>	<p style="text-align: center;"><b>Tag Someone</b></p> <p style="text-align: center;">Now to get going - part 12/15.</p> <p>Tag these students...</p> <p>-</p> <p>-</p> <p>-</p> <p>-</p> <p>...to show their gratitude and...</p>
<p style="text-align: center;"><b>Tag Someone</b></p> <p style="text-align: center;">Now to get going - part 13/15.</p> <p>Tag these students...</p> <p>-</p> <p>-</p> <p>-</p> <p>-</p> <p>...to show their gratitude and...</p>	<p style="text-align: center;"><b>Tag Someone</b></p> <p style="text-align: center;">Now to get going - part 14/15.</p> <p>Tag these students...</p> <p>-</p> <p>-</p> <p>-</p> <p>-</p> <p>...to show their gratitude and...</p>
<p style="text-align: center;"><b>Tag Someone</b></p> <p style="text-align: center;">Now to get going - part 15/15.</p> <p>Tag these students...</p> <p>-</p> <p>-</p> <p>-</p> <p>-</p> <p>...to show their gratitude and...</p>	<p style="text-align: center;"><b>Tag Someone</b></p> <p style="text-align: center;">Wrapping up - part 1/1.</p> <p>Have everyone turn around and face into the circle. Use these two questions to generate reflection and discussion.</p> <p style="text-align: center;"><i>“How did this activity make you feel?”</i></p> <p style="text-align: center;"><i>“Why is it important to show others we are grateful for them?”</i></p>