

COOP	Gratitude and Appreciation Core routine	s2	session plan EQF level 5 unit of LO COOP 1
Objectives <ul style="list-style-type: none"> • Understand the relevance of showing gratitude and appreciation for cooperation and positive group dynamics • Know when and how to show gratitude and appreciation in a group training event • Understand how this exercise highlights and impacts feelings, personalities and vulnerabilities in a group and can influence group dynamics Methods <ul style="list-style-type: none"> • Practice expression of gratitude and appreciation in small and large groups at the start and end of days/sessions • Reflect on the experience • Feedback 		Trainer <hr/> Place Anywhere <hr/> Time 5 – 30mins	
Content	<ul style="list-style-type: none"> - The theory behind the use of gratitude and appreciation for cooperation and positive group dynamics - xxx 	Documents <ul style="list-style-type: none"> - t_Resources 8 shields: https://positivepsychology.com/benefits-of-gratitude/	
Activities	<ul style="list-style-type: none"> - In a circle, invite everyone to express gratitude or appreciation in one or two sentences: a short and spontaneous personal statement, about their situation, their colleagues, something that has happened, the weather. The subject is less important than the feeling and intention. - Use the talking stick or similar method to create a flow of contributions round the group - Use this method at various times through a training event, often at the start or end of the day - Group reflection on the process with particular reference to co-operation and feelings - Provide a hand-out summarising scientific evidence to support the practice of gratitude and appreciation - Use feedback to improve the exercise 	Equipment <ul style="list-style-type: none"> - Tools for brainstorming 	
Preparation Hand-outs on theory/science			