Warm Fuzzy Bag

Time: two 20-minute periods
Materials: felt bags or envelopes, pencils, pens, paper

Objective:
1) To build group inclusion
2) To reinforce the concept of appreciation
3) To build self-esteem

Instructions:
1) Have each person make a small bag out of poster paper (or provide/make another form of container) and decorate/personalize the envelope-container.
2) Have the participants hang their bags around the room
3) Ask each participant to write a warm fuzzy statement for each member of his or her group – or one for each member of the whole group and place them in the warm fuzzy bag/container
4) Tell the participants that they can place additional warm fuzzies in the bags/containers anytime throughout the month/school year/ project/ session. Set aside time periodically for participants to open their bags and read the messages they have received.

Suggested Reflection Questions:
Content/Thinking
- What did you learn during this activity?
- Why is it important to know how to give warm fuzzies?
- How might your own world be a better place if people gave away more warm fuzzies?

Social
- How has the group/class climate changed as a result of this activity?

Personal
- How did you feel about receiving such nice messages?

Appreciation:
Invite statements of appreciation:
- “I liked it when....”

(Tribes A New Way of Learning and Being Together by Jeanne Gibbs)
Alternate to Warm Fuzzies –

**Gallup – How Full is Your Bucket:**

How did you feel after your last interaction with another person?

Did that person -- your spouse, best friend, coworker, or even a stranger -- "fill your bucket" by making you feel more positive? Or did that person "dip from your bucket," leaving you more negative than before?

The #1 *New York Times* and #1 *BusinessWeek* bestseller, *How Full Is Your Bucket?* reveals how even the briefest interactions affect your relationships, productivity, health, and longevity.

Organized around a simple metaphor of a dipper and a bucket, and grounded in 50 years of research, this book will show you how to greatly increase the positive moments in your work and your life -- while reducing the negative.

Filled with discoveries, powerful strategies, and engaging stories, *How Full Is Your Bucket?* is sure to inspire lasting changes and has all the makings of a timeless classic.


Order a copy today:

We have a limited number of the following titles available for purchase at our YDN office location (10474 Mather Blvd). Contact us @ 916.228.2227 to coordinate.

- *How Full is your Bucket*  - T. Rath & D. Clifton, Ph. D.  ($20)
- *How Full is your Bucket for Kids*  - T. Rath & M. Reckmeyer  ($15)

Purchase YDN recommended titles thru [http://www.ydnetwork.org/Own It](http://www.ydnetwork.org/Own It)

A portion of your online purchase proceeds will benefit YDN though its amazon.com associate relationship.