



## 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.

Learn More: <http://strengths.gallup.com/114079/Full-Bucket.aspx>

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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)

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