



SKILLS: Appreciate diversity, respect others

OBJECTIVE: Share the positive qualities you've identified with your friend, family member or trusted adult.



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Students celebrate each other's strengths.

Quick Tips

- Students will be forming a circle.
- If students are having a hard time at first with this exercise, jump in to provide examples, such as, calling out a student who demonstrates strong sharing skills, or for a student's passion for _____, get creative and let students know there are lots of different types of ways they can uplift and encourage each other!
- Be sure to redirect students if they begin to call out the same person/people.

Why do we do this?

The Pat on the Backs is a great community building exercise, as students will be enabled to call out the strengths of others around them. Students will have the opportunity to think about the diversity of positive strengths, qualities, and behaviors that their classmates possess. This exercise is important, as it helps students build connections with one another, and recognize each other's strengths. When students work toward uplifting and encouraging one another, they are building a community of respect, and strength.

Ideas for Integration

- Try this exercise later on in the year and see whether you notice any changes among student relationships as they participate in this exercise.
- Have relationships been deepened at all?
- Does the conversation appear to be more authentic as compared to the first time students completed this exercise?

Virtual Facilitation

Synchronous: In a video conference, instead of forming a circle, call out the order by which students should share. Have students reflect upon this exercise and share.

Asynchronous: We recommend students complete this exercise with others. If this isn't an option, encourage them to try a Power of Pause video. You can also point them to the next level student prompts for additional reflection.