

National Center on Deaf-Blindness



Transition Activities

Expressing Appreciation

Topic:

Expressing Appreciation will help your son/daughter develop skills and use the supports that will aid in employment success as an adult.

Overview:

Being able to find something positive to appreciate in employment situations is a personal skill that requires practice and can have lasting positive effects in the work place. This activity uses a list of people who help and support your child as the basis for looking for something positive in each person to appreciate and expressing it to that individual. Expressions of appreciation can take many forms, from making cookies or a smile—the key factor is that it is intentional.

Outcomes for your child's transition development:

Your son/daughter will increase in his/her abilities to plan for and express appreciation for the people who provide the supports in his/her life.

Activity Directions:

Using a list, in which your child has identified specific people who support and help him/her in their daily or weekly life, help your child to find a positive aspect about each for which he/she can express appreciation.

- Help him/her decide how to express the appreciation and when he/she will do it.
- Practice it.
- Spread the appreciations throughout the month.
- Discuss how it went, how both parties felt.

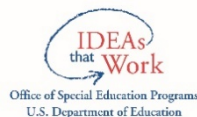
Ways to either Simplify or Increase Complexity:

Ideas for Simplifying Activity

Have your child participate in making an appreciation gesture to the degree he/she is able. Examples: crack the eggs for the cookies, hold or carry the token during delivery, smile for a picture that is placed in a thank you card written by the adult.

Ideas for Increasing the Complexity of the Activity

- Practice specific communication strategies.
- Be aware of non-verbal communication of recipient: read facial expressions, voice inflections, body language. Examples: How do you know Ms. Fisher was pleased with your appreciation of her work? What did she do? What did she say? How did you feel? Did she touch you in any way?
- Use thank you cards.



The contents of this document were developed under a grant from the U.S. Department of Education #H326T130013. However, those contents do not necessarily represent the policy of The Research Institute, nor the US Department of Education, and you should not assume endorsement by the Federal Government. Project Officer, Jo Ann McCann.