Appreciation With Evidence

You may write, draw, think quietly, use fiction, or pass. Share only what you choose. This is an educational practice activity, not an assessment.

An optional fictional starting point

A person notices someone checking a shared calendar.

1. Choose an ordinary or fictional example. You may keep details private.

2. Try this task: Write optional appreciation focused on a specific action rather than an assigned family role.

3. What action made a difference?

4. One optional next step, support request, or question I want to carry forward.

You can pause or stop. Ask your facilitator for an alternative if this activity does not fit. Keep identifying details out of any shared copy.