





For a Great Table Talk Experience...

 Turn off all electronic devices. Let the people you're with know they are important!

 Stay positive! This is not the time to focus on what's been done wrong or could be done better.

 Don't force it. If you get on a negative track, stop that discussion. Move on to another topic.

 Expect surprises—you might get to know one another in new and meaningful ways!

 Have fun!



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Encouraging, supporting and challenging every student to achieve the highest levels of knowledge, skills and character.

Do you know where you stand on the need for APPRECIATION?

Take this short quiz. It will help you determine how important the need for appreciation is for you. If the statement is REALLY like you, circle 5; if it is NOT like you, circle 1. Add up your score to see how important appreciation is to you.

- **When I have worked hard on something, I really like it when others say, "Thanks."**

1 2 3 4 5

- **It means a lot to me when others notice my effort or accomplishments.**

1 2 3 4 5

- **I like it when my teachers, parents, others say, "Good job!"**

1 2 3 4 5

- **I really like trophies, plaques, or medals because they are reminders of the good things I have done.**

1 2 3 4 5

- **I especially like it when other people focus on what I have done right, rather than my mistakes.**

1 2 3 4 5

Total: _____

5—11: Appreciation is not very important for you. We all need appreciation to some degree, so be on the look out for one of your other relationship needs.

12—18: Your family's appreciation is somewhat important. So hearing words of appreciation fairly often would be good for you.

19—25: Your family's appreciation is very important to you. So hearing words of appreciation every day might not be too much!

TABLE TALK

Experiences



Appreciation

Conversations
that
Strengthen
Family
Relationships

We all have relationship needs, but the priority of those needs is different for each person. Your greatest need may be affection, while another family member's greatest need may be for appreciation.

Strong families learn to love each person according to what they need most.

This Table Talk Experience will be your chance to learn more about the people you care about and better understand their relationship needs.



You will have the chance to practice meeting the need of appreciation!

THUMBS UP!



Every person in every family has a need for appreciation.

Appreciation means:

expressing thanks or praise; recognizing accomplishment or effort, especially for what you do.

Giving appreciation also means giving words or cards that say, "Thank you." It means giving gifts, plaques or certificates for what's been done. It means showing gratitude in public, as well as private thanks.

Take turns finishing these sentences
(Parents go first, then kids):



_____, I've noticed how you have helped _____.
_____. Thank you so much!



_____, I've noticed how you did your best to _____.
_____. Thank you so much!

Example: Zachary, I've noticed how you have helped out with the dishes after dinner. Kara, I've noticed how you did your best to make sure your clothes made into the hamper. Thank you so much!

**Remember: Keep it positive.
No sarcasm or teasing!**

Giving Appreciation

Appreciation can also include giving awards, plaques or certificates for a job well done.

Think again about each member of your family and the:



Things they do around your house that you might take for granted



The tasks they are good at



The ways they try their best

Now imagine that you are giving each person an award for this accomplishment or effort. Complete this sentence for each person in your family (*Parents go first, then kids*):



My award goes to _____ for the most _____!



I declare you as the " _____ Queen/King!"

Example: My award goes to Ethan for the most improvement in homework. I declare you as the "Getting-Homework-Done King!"

**You've just met the need of appreciation.
Good job!**