

about

appreciation

Thoughts

SOME

HELPING YOU BE PRODUCTIVE & WELL
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Do you ever feel unappreciated or under appreciated? We all do once in awhile - especially by those we encounter most often in our daily lives - like our family members. Perhaps out of a need to feel appreciated or to spread more loving goodness among my family, I inadvertently started a family tradition many years ago when my oldest was very young, around five years old, and his sister was almost three. We call it **Purple Plate**.

I wanted a way to reinforce in my children's minds the things that they liked about each other. (I suspected they would find their own ways to reinforce the things they didn't like.) So, I bought a single purple dinner plate and we started taking turns using it each night at dinner. If you have the purple plate, then everyone else must say something that they **appreciate** or **admire** about you. Sound easy? You'd think—but imagine coming to the dinner table after you've gotten into it with someone. And now you have to come up with something positive to say about them... yeah, not so easy! BUT, very **impactful**. My kids' question before every dinner was always: "*Who's purple plate tonight?*" To this day, over a decade and a half later, we still do our purple plate ritual when we are together as a family for dinner.

Everyone likes to hear **positive** things about themselves, and we need to let our kids know that we **see the good** in them and that we appreciate their efforts.

To bring the tradition full circle we gift to our kids one of the purple plates as they graduate college along with letters from each family member sharing our appreciation and admiration for them.

MORE
IDEAS

Purple Plate was my way to foster appreciation in my family, but there are a myriad of creative ways to show appreciation to others. Here are just a few ideas to get you thinking about what might work in your family.

- Give younger children card stock to fold in half and make their own **greeting cards** for birthdays, thank yous, get well, or just because. Think of how much they will mean to their recipients!

It could become a monthly or semi-annual project to make cards in advance for friend and family birthdays. Think of the savings, too!

- Create a **Gratitude Jar**. Leave it in a central location where everyone can drop a handwritten note about feeling grateful or appreciative. Make it a ritual to pull out one or two to read aloud before dinner each night.
- Just as we do Secret Santa around the holidays we could do **Secret Sunshine** once a month. Draw names in the family and anonymously do one random, kind, thoughtful thing for that person. Maybe make a game of trying to guess who your *Secret Sunshine* was over dinner one night.