

Notice, Think, Feel, Do

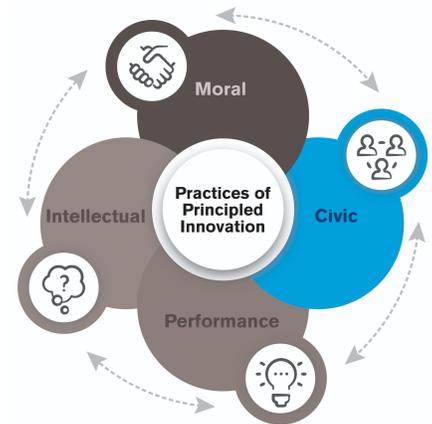
Facilitation Guide

What is it?

When we train our minds to be aware of others and of their contributions they bring to our community, we are better prepared to hear their values and stories with empathy. Use this simple activity to develop an others-focused “appreciative humility” to boost empathy and perspective-taking.

Why use it?

Humility involves a **focus on others** that is seen in an accurate understanding of ourselves relative to the people around us and an “**appreciative humility**” for the value they bring to our community. Openness to and gratitude for the role that others play in our community is an important component in the first practice of Principled Innovation, Practice M1: “Identify and acknowledge fundamental values.” The full practice is as follows:



Distinguish the values that are important to the individuals, team, community and learning environment and ensure that the process, structures, and solutions honor, appreciate, and reflect the identified values.

Receptivity toward others' values involves *valuing others*. This appreciative humility does not always come easily—a reality well understood by parents who seek to teach their children habits of gratitude. This enjoyable animation, designed to help parents foster gratitude in their children, recommends that parents guide their children through these four steps in order to help them develop gratitude: *notice, think, feel, and do*. Mindfully pausing in our day to follow these four steps can help us reframe our attitudes towards others, humanize them, and prepare ourselves to be open to their values and perspectives.

What you need

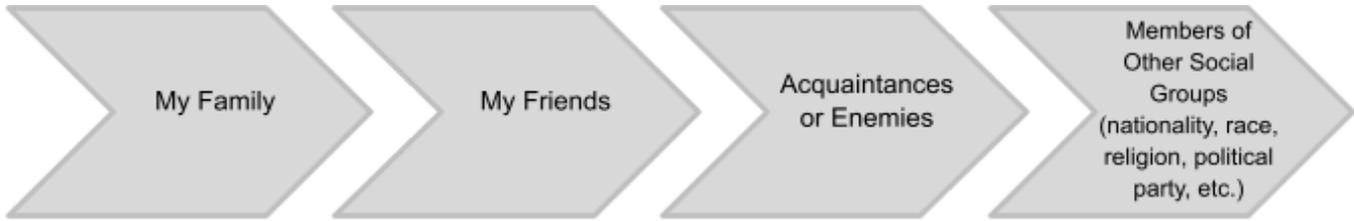
- Time: 10 minutes of participants' time
- Video: <https://www.youtube.com/watch?v=4dBk-3SmoJ0&t>
- Individual activity or group participants

Instructions

After watching the video, consider one person in each of the arrows below, thinking through the four questions in order to develop your appreciative humility toward that person:

1. NOTICE: What is one value that person brings to your life or to the life of the community?
2. THINK: Why do you think they believe it is important to bring that value?
3. FEEL: How does recognizing that value make you feel?

4. DO: What steps might you take to communicate this gratitude toward that person?



If you are using this activity with a group, have the group go individually through the four-step reflection (without writing the thoughts down on paper). Ask if someone would be willing to share their thoughts on individuals they reflected positively on under “Family” or “Friends,” without sharing the name of that individual to protect that person’s privacy.