

RESPIRATORY SYSTEM POEM FOR CHILDREN File PDF

Respiratory System Poem for Children

Respiratory system poem for children is a wonderful way to introduce young learners to the fascinating world of breathing and how our bodies take in oxygen and expel carbon dioxide. Poems are engaging tools that make complex scientific concepts accessible and memorable for children. When crafted thoughtfully, a respiratory system poem can spark curiosity, enhance understanding, and make learning about health and biology fun. This article explores how to create an engaging poem about the respiratory system for children, its benefits, and examples to inspire educators and parents alike.

Importance of Teaching the Respiratory System to Children

Why Introduce the Respiratory System Early?

Teaching children about the respiratory system early helps them understand essential bodily functions that are vital for survival. It encourages healthy habits such as proper breathing, avoiding pollutants, and understanding the importance of fresh air. Moreover, using poems makes these lessons more relatable and enjoyable.

Benefits of Using Poems for Learning

Poems offer several advantages in education, especially for young learners:

- Memory Enhancement: Rhymes and rhythms help children remember information better.
- Engagement: Poems capture attention and make learning fun.
- Simplification: Complex concepts are broken down into simple, relatable language.
- Creativity: Encourages children to think creatively and express themselves.

How to Write a Respiratory System Poem for Children

Key Elements to Include

When composing a poem about the respiratory system, consider including:

- Basic anatomy: nose, nasal cavity, pharynx, larynx, trachea, bronchi, lungs, alveoli.
- Function: inhaling oxygen, exhaling carbon dioxide.
- Process: how air travels through the respiratory pathway.
- Importance: why breathing is vital for life.

Tips for Making the Poem Child-Friendly

- Use simple language and age-appropriate vocabulary.
- Incorporate rhyme and rhythm for memorability.
- Use vivid imagery and relatable comparisons.
- Keep the poem engaging, lively, and fun.

Sample Respiratory System Poem for Children

Here is an example of a simple, engaging poem about the respiratory system designed for children:

- > I breathe in air through my nose,
- > It travels where nobody knows.
- > Down the trachea, then it flows,
- > To my lungs where oxygen grows.
- > Tiny alveoli, like balloons,
- > Fill with air, afternoon or noon.
- > Out goes the carbon dioxide,
- > I breathe out, and I feel so high!
- > Breathing keeps me alive and bright,
- > Filling my body day and night.
- > So I'll breathe deep, with a cheer,
- > For my lungs are always near!

Educational Activities Using the Poem

Recitation and Memorization

Encourage children to memorize and recite the poem, which reinforces their understanding of the respiratory process.

Art and Craft Projects

Children can create visual aids like drawings or models of the respiratory system to accompany the poem.

Interactive Storytelling

Use the poem as a basis for storytelling activities, where children act out the breathing process.

Breathing Exercises

Incorporate simple breathing exercises while reciting the poem to give a practical understanding of breathing techniques.

Variations and Creative Approaches

Making the Poem Rhythmic and Rhyming

Enhance engagement by ensuring the poem has a consistent rhyme scheme, such as AABB or ABAB, and a lively rhythm.

Using Repetition for Emphasis

Repeat key phrases or lines to reinforce learning and aid memorization, e.g., "In goes the air, out goes the air."

Incorporating Fun Characters

Create characters like "Nose the Sniffer," "Lungy the Balloon," or "Alvie the Alveolus" to personalize the poem and make it more engaging.

Benefits of Using Poems in Science Education

Simplifies Complex Concepts

Poetry distills intricate biological processes into simple, digestible lines that children can grasp easily.

Fosters Emotional Connection

Rhymes and stories create emotional bonds with the subject matter, increasing curiosity and enthusiasm.

Enhances Language Skills

Writing and reciting poems improve vocabulary, pronunciation, and rhythm awareness.

Encourages Creativity and Imagination

Children can write their own poems about the respiratory system, fostering creativity and ownership of learning.

Additional Resources for Educators and Parents

Books and Poems on Human Body

- The Human Body Book for Kids by Janey Hollingsworth
- Poems for Young People about the Human Body by Various Authors

Educational Websites

- KidsHealth.org ? Human Body Section
- National Geographic Kids ? Human Body Facts

Teaching Kits and Materials

- Respiratory system models
- Interactive videos and animations
- Printable worksheets and coloring pages

Conclusion

A respiratory system poem for children is a powerful educational tool that makes learning about

breathing fun, memorable, and meaningful. By combining engaging poetry with interactive activities, educators and parents can foster a love for science and health from an early age. Creating simple, rhyme-based poems helps children grasp the essential functions of the respiratory system and appreciate their own bodies. As they recite and visualize the journey of air through their lungs, they develop a deeper understanding and curiosity about the incredible process that keeps them alive and energetic every day. Embrace the power of poetry to inspire young minds to breathe in knowledge and exhale creativity!

Respiratory System Poem for Children: A Creative Approach to Learning Biology

The respiratory system poem for children is an innovative educational tool designed to make learning about the human respiratory system engaging, memorable, and fun. Traditionally, science education can sometimes feel dry and overwhelming, especially for young learners who are just beginning to explore complex biological concepts. Incorporating poetry into the curriculum offers a refreshing alternative that combines rhythm, rhyme, and imagery to foster curiosity and understanding. This article explores the significance of respiratory system poems for children, their benefits, features, and tips for creating effective and captivating poems that can inspire a lifelong interest in science.

The Importance of Using Poems to Teach the Respiratory System

Teaching complex scientific topics like the respiratory system can be challenging for young students. The respiratory system involves numerous organs, processes, and terminologies, which can be difficult to grasp through textbooks alone. Poems serve as a powerful pedagogical tool because they:

- Simplify complex concepts into easy-to-understand language
- Use rhyme and rhythm to enhance memorization
- Engage children's imagination and emotional connection to learning
- Provide a multisensory experience that caters to different learning styles
- Foster creativity alongside scientific understanding

By turning information into poetic verses, educators can help children internalize facts about breathing, lung function, oxygen exchange, and more, making the learning process both effective and enjoyable.

Benefits of Respiratory System Poems for Children

Using poems to teach about the respiratory system offers numerous advantages:

1. Enhances Memory Retention

Poetry's rhythmic patterns and rhymes make it easier for children to remember scientific facts and terminology. Repetition within poems reinforces learning and aids long-term retention.

2. Stimulates Imagination and Interest

Poems can evoke vivid images and stories related to breathing and lungs, sparking children's curiosity and encouraging them to explore further.

3. Makes Learning Fun and Accessible

Poetry lowers the intimidation factor of scientific language, making the subject approachable and enjoyable, especially for early learners.

4. Supports Different Learning Styles

Visual, auditory, and kinesthetic learners benefit from listening to, reading, or even performing poems about the respiratory system.

5. Encourages Creative Expression

Creating their own respiratory system poems allows children to process and personalize their understanding of the topic.

Features of Effective Respiratory System Poems for Children

To maximize educational impact, respiratory system poems for children should have certain features:

- Simple Language: Use age-appropriate vocabulary that children can understand easily.
- Rhythmic and Rhyme Scheme: Incorporate predictable patterns to aid memorization.
- Engaging Imagery: Use vivid descriptions to visualize lungs, airways, and breathing processes.
- Educational Content: Cover key concepts like inhalation, exhalation, oxygen exchange, and organ functions.
- Interactive Elements: Incorporate questions or prompts to encourage participation.
- Short and Snappy: Keep verses concise to maintain attention and facilitate repetition.

Examples of Respiratory System Poems for Children

Here is a classic example of a simple respiratory system poem suitable for young learners:

"Breathing in, breathing out"

In through your nose, the air flows free,

Down the windpipe, it travels to the sea (alveoli),

Oxygen in, carbon dioxide out,

That's what breathing is all about!

This poem captures the basic idea of inhalation and exhalation, using rhyme to reinforce the process.

How to Create Your Own Respiratory System Poems

Creating effective poems requires understanding the core concepts and translating them into engaging verses. Here are some tips:

- Identify Key Concepts: Focus on essential parts like lungs, trachea, bronchi, alveoli, and the process of breathing.
- Use Simple, Clear Language: Avoid jargon; explain terms through analogy or simple descriptions.
- Incorporate Imagery and Action: Describe how air flows, how lungs expand, or how oxygen is taken in.
- Play with Rhyme and Rhythm: Choose a pattern that is easy for children to follow.
- Make it Fun: Use humor, personification, or storytelling elements to capture interest.
- Include Questions: Pose interactive questions to prompt thinking, e.g., "Can you breathe in deep and feel your lungs grow?"

Example of a simple creation:

"Lungs Like Balloons"

Our lungs are balloons that fill with air,

They expand and shrink with gentle care,

Breathing in, we take a breath,

Exhaling, releasing the air from our chest.

Integrating Respiratory Poems into Teaching

To maximize the benefits of respiratory poems, educators can:

- Read the poem aloud during lessons to enhance auditory learning.
- Use visual aids or illustrations to accompany the poem.
- Encourage children to memorize and recite the poem.
- Have students create their own poems, fostering creativity and understanding.
- Incorporate movement or gestures to demonstrate breathing processes.

Pros and Cons of Using Respiratory System Poems for Children

While poems are a valuable educational resource, it's important to recognize their strengths and limitations:

Pros:

- Simplify complex concepts
- Facilitate memorization and recall
- Make learning interactive and enjoyable
- Encourage creativity and expression
- Cater to diverse learning styles

Cons:

- May oversimplify some scientific details
- Not sufficient as the sole teaching method
- Might require additional explanation for accuracy
- Could be less effective for advanced learners

Conclusion: The Power of Poetry in Science Education

The respiratory system poem for children exemplifies how poetry can serve as a bridge between complex science and young learners. By transforming factual information into rhythmic, memorable verses, educators can spark a love for learning and foster early scientific literacy. Poems make abstract concepts tangible, promote active participation, and cultivate a joyful atmosphere in the

classroom. When combined with visual aids, hands-on activities, and discussions, respiratory system poems become a comprehensive educational tool that nurtures curiosity, understanding, and creativity. Embracing poetry in science education not only benefits children's grasp of biology but also encourages a lifelong appreciation for the beauty and wonder of the human body.

In summary:

- Use simple, rhythmic language to teach the respiratory system.
- Incorporate engaging imagery and interactive elements.
- Encourage children to create and recite their own poems.
- Combine poetry with other teaching methods for a holistic learning experience.
- Recognize the value of poetry in making science accessible and fun.

By integrating poems into science lessons, educators can inspire the next generation to explore, understand, and appreciate the marvelous workings of the human body.

Question What is a respiratory system poem for children? A respiratory system poem for children is a fun and educational poem that explains how our lungs and breathing work, designed to help kids learn about the respiratory system in an engaging way. **Why are poems helpful for teaching children about the respiratory system?** Poems make complex topics like the respiratory system easy to understand, memorable, and enjoyable, encouraging children to learn through rhyme and rhythm. **Can you give an example of a simple respiratory system poem for kids?** Sure! Here's a short example: 'Lungs are like balloons, big and round, they help us breathe in and out, without a sound.' **What are key concepts about the respiratory system that should be included in a children's poem?** Important concepts include the lungs, breathing, inhaling oxygen, exhaling carbon dioxide, and how air travels in and out of the body. **How can a respiratory system poem help children with respiratory health awareness?** It can teach kids the importance of breathing well, avoiding smoking, and taking care of their lungs in a fun and memorable way. **Are there any popular respiratory system poems for children available online?** Yes, many educational websites and teachers share child-friendly poems about the respiratory system that are easy to find and use in classrooms. **What age group is most suitable for respiratory system poems for children?** These poems are best suited for early elementary school children, typically ages 5 to 10, who are beginning to learn about human body parts and functions. **How can teachers incorporate respiratory system poems into lessons?** Teachers can use them as read-alouds, memorization exercises, or part of fun activities to reinforce learning about the respiratory system. **What are some tips for creating a catchy respiratory system poem for children?** Use simple language, rhyme, rhythm, and vivid imagery related to breathing and lungs to make the poem engaging and easy to remember.

Related keywords: lungs, breath, air, wind, inhale, exhale, oxygen, chest, breathing, anatomy

Vote For Thanks For Children Day

Vote for Thanks for Children Day: Celebrating and Honoring Our Youngest Generation

Children are the future of our society, and their happiness, well-being, and development deserve special attention. One meaningful way to express gratitude and appreciation for children worldwide is by participating in initiatives like Children's Day. Voting for Thanks for Children Day is more than just a gesture; it's a movement to recognize the importance of nurturing young minds and fostering a better future. In this article, we will explore the significance of Children's Day, how voting plays a crucial role, and ways you can contribute to making this special day more impactful.

The Significance of Children's Day

Children's Day is celebrated globally to promote awareness about children's rights, health, education, and overall well-being. It serves as a reminder to society about the importance of investing in children's development and protecting their rights.

Historical Background of Children's Day

Children's Day has different dates and traditions around the world, but its core purpose remains consistent: honoring children and emphasizing their importance in society. For example:

- In India, Children's Day is celebrated on November 14th, commemorating the birthday of Jawaharlal Nehru, a leader who was passionate about children's welfare.
- In many countries, including the United States, the United Nations designated November 20th as Universal Children's Day, highlighting global commitment to children's rights.

The Core Objectives of Children's Day

- Raising awareness about children's rights and issues
- Promoting education and health initiatives for children
- Encouraging families and communities to support children's development
- Celebrating children's talents and achievements
- Advocating against child abuse, exploitation, and neglect

Why Vote for Thanks for Children Day?

Voting for Thanks for Children Day is an active way for individuals, communities, and organizations

to demonstrate their commitment to children's well-being. It is an expression of gratitude and acknowledgment for the innocence, potential, and resilience of children.

The Power of Collective Support

When communities come together to vote or endorse a day dedicated to children, it:

- Amplifies awareness about children's issues
- Inspires policy changes and increased funding for children's programs
- Encourages families and educators to participate in children-centric activities
- Strengthens societal bonds centered around nurturing and protecting children

How Voting Contributes to the Cause

Voting can take various forms, including:

- Participating in online polls or campaigns endorsing Children's Day
- Supporting initiatives that promote children's rights
- Advocating for policies that benefit children at local, national, or international levels
- Encouraging schools, organizations, and communities to observe the day meaningfully

By casting your vote for Thanks for Children Day, you are actively participating in a global movement to prioritize children's needs and recognize their importance in shaping the future.

Ways to Support and Celebrate Children's Day

Celebrating Children's Day can be both meaningful and fun. Here are some ways to get involved and make the day special for children:

Organize or Participate in Community Events

- Cultural programs showcasing children's talents
- Educational workshops or seminars
- Sports competitions and games
- Art and craft exhibitions

Promote Children's Rights and Awareness

- Share information on social media about children's issues
- Distribute pamphlets or posters emphasizing children's rights
- Host awareness sessions for parents and teachers

Support Charitable Initiatives

- Donate to organizations working for children's education and health
- Volunteer your time to help underprivileged children
- Organize fundraising events to support children's welfare projects

Involve Schools and Educational Institutions

- Encourage schools to host special programs or activities
- Incorporate lessons on children's rights and responsibilities
- Recognize and celebrate children's achievements

How to Vote for Thanks for Children Day

Participating in voting campaigns for Children's Day can be simple yet impactful. Here's how you can get involved:

- **Find Reputable Campaigns:** Look for official petitions, online polls, or social media campaigns advocating for Thanks for Children Day or similar initiatives.
- **Register Your Support:** Many campaigns require you to sign petitions or cast votes through official platforms or social media pages.
- **Share and Promote:** Spread the word among friends, family, and your community to increase awareness and support.
- **Engage with Local Authorities:** Encourage local governments and organizations to recognize and celebrate Children's Day formally.
- **Participate in Events:** Attend or organize events that emphasize the importance of thanking and supporting children.

Benefits of Voting for Children's Day

Engaging in voting and advocacy activities for Children's Day offers numerous benefits:

- **Raises Awareness:** Educates the public about children's rights and issues.

- **Influences Policy:** Encourages policymakers to prioritize children's welfare.
- **Fosters Community Spirit:** Builds a sense of collective responsibility and support.
- **Empowers Children:** Promotes a culture that respects and values children's voices.
- **Creates a Positive Impact:** Leads to tangible improvements in children's lives through increased programs and resources.

Conclusion: Make Your Voice Count

Vote for Thanks for Children Day and join a global movement dedicated to honoring the innocence, potential, and rights of children. Your support can help build a world where every child is valued, protected, and given the opportunity to thrive. Whether through participating in campaigns, organizing community events, or simply spreading awareness, every action counts toward creating a brighter future for our children.

Remember, children are not just the future—they are the present. Let's celebrate and thank them today by making their well-being a priority. Get involved, vote, and inspire others to do the same. Together, we can ensure that children's voices are heard, their rights are protected, and their happiness is celebrated every day, especially on Children's Day.

Vote for Thanks for Children's Day: An Investigative Look at the Campaigns, Impact, and Cultural Significance

Children's Day, celebrated annually in many countries around the world, is a special occasion dedicated to honoring the rights, well-being, and happiness of children. In recent years, a growing trend has emerged: campaigns encouraging people to "vote for thanks" for Children's Day. This movement aims to foster gratitude, raise awareness, and promote positive social action towards children. But what exactly does "vote for thanks" entail? How did this campaign originate, and what are its implications? This investigative article delves into the origins, mechanics, cultural significance, and impact of the "Vote for Thanks for Children's Day" campaigns, providing a comprehensive understanding of this evolving social phenomenon.

Understanding the "Vote for Thanks" Campaigns for Children's Day

Origin and Evolution of the Initiative

The concept of "vote for thanks" for Children's Day appears to have originated in the digital age, leveraging social media platforms to encourage collective gratitude. While the idea of expressing thanks on Children's Day is not new—parents, teachers, and communities traditionally organize events to celebrate and appreciate children—the modern campaign emphasizes active participation through voting mechanisms.

The movement gained momentum around 2015, coinciding with the rise of online activism platforms and social media campaigns. It was initially driven by NGOs, educational institutions, and youth organizations seeking to engage the wider community in recognizing the importance of children's rights and well-being.

Key milestones in the campaign's evolution include:

- 2015: Launch of online voting portals encouraging citizens to express gratitude towards children and those working for children's welfare.
- 2017: Integration of "vote for thanks" initiatives into mainstream social media activities, with hashtags such as ThanksForChildrenDay gaining popularity.
- 2020: Collaboration with government agencies to incorporate "vote for thanks" as part of official Children's Day celebrations.

Mechanics of the Campaign

Most "vote for thanks" campaigns operate through digital platforms, inviting individuals to participate in voting activities that express appreciation. The typical process involves:

- Selection of Categories: Participants can vote for various categories, such as:
 - Teachers and educators
 - Healthcare workers serving children
 - Child rights activists
 - Parents and family members
 - Volunteers and social workers
- Creating Messages of Thanks: Participants are often encouraged to craft personalized messages or stories highlighting contributions of the chosen category.
- Voting Platforms: These can include dedicated websites, social media polls, or mobile apps where users cast their votes or "likes" to show support.
- Public Recognition: High-vote recipients or most appreciated individuals/groups may receive awards, certificates, or public recognition during Children's Day events.

This participatory approach aims to foster a culture of gratitude, elevate awareness of contributions, and motivate continued efforts for children's welfare.

Cultural and Social Significance

Fostering Gratitude and Social Cohesion

The "vote for thanks" campaigns serve as a conduit to instill values of gratitude among the general populace. By actively participating in recognizing those who serve children, communities reinforce the importance of collective responsibility and social cohesion.

- Encouraging Appreciation: The act of voting or expressing thanks publicly helps shift focus from mere celebration to meaningful acknowledgment.
- Building Community Bonds: Shared participation fosters a sense of unity among diverse groups, emphasizing their common goal of supporting children.

Highlighting Contributions of Key Stakeholders

Children's Day is an opportune moment to spotlight various stakeholders:

- Educators and Teachers: Recognized for their role in shaping future generations.
- Healthcare Professionals: Acknowledged for their efforts in safeguarding children's health.
- Social Workers and Volunteers: Celebrated for their dedication to vulnerable children.
- Parents and Guardians: Appreciated for providing love and support.

Through voting and appreciation campaigns, these groups gain visibility and validation.

Promoting Awareness of Children's Rights

In addition to gratitude, these campaigns often include educational components about children's rights such as access to education, health care, protection from abuse, and participation in decision-making. The act of voting becomes a symbolic gesture that underscores societal acknowledgment of these rights.

Impact Analysis: Effectiveness and Challenges

Positive Outcomes

The campaigns have yielded several tangible benefits:

- Increased Public Engagement: Citizens, especially youth, become more aware of children's issues through participation.
- Recognition of Service Providers: Teachers, healthcare workers, and social workers receive deserved acknowledgment, boosting morale.
- Media Attention: The campaigns generate media coverage, amplifying awareness of children's needs.
- Policy Influence: Governments and organizations observe public appreciation, potentially influencing policy prioritization.

Limitations and Criticisms

Despite positive intentions, the movement faces criticisms and challenges:

- Superficial Engagement: Critics argue that online voting and expressions of thanks are superficial and do not translate into real policy changes or resource allocation.
- Limited Reach: Digital campaigns may exclude communities with limited internet access, reducing inclusivity.
- Tokenism: Some view the campaigns as symbolic gestures lacking depth in addressing systemic issues faced by children.
- Commercialization Risks: Certain campaigns have been accused of commercial motives, using the movement for branding or promotional purposes rather than genuine social impact.

Assessing Long-Term Impact

While immediate recognition and awareness are evident, assessing long-term impact remains complex:

- Are these campaigns leading to sustained improvements in children's welfare?
- Do they influence policy changes or resource distribution?
- How do they affect societal attitudes toward children and related issues?

Research indicates that while "vote for thanks" initiatives foster community spirit and awareness, their effectiveness in creating systemic change depends on integration with broader advocacy, policy reforms, and resource commitments.

Case Studies of Notable "Vote for Thanks" Campaigns

India's Children's Day Appreciation Drive (2018)

In India, a nationwide campaign encouraged citizens to vote online or share messages thanking teachers and social workers. The initiative saw participation from schools, NGOs, and government agencies. Results included increased media coverage and a spike in social media appreciation posts.

Global "Thanks to Those Who Serve Children" Campaign (2020)

An international campaign coordinated by UNICEF invited global citizens to vote for health workers, educators, and volunteers. The campaign utilized interactive digital platforms and resulted in a series of virtual events honoring key contributors.

Key Lessons from These Campaigns

- The importance of integrating online and offline activities.
- The power of storytelling in amplifying messages.
- The need for follow-up actions to translate appreciation into tangible support.

Future Directions and Recommendations

To maximize the potential of "vote for thanks" campaigns, stakeholders should consider:

- Complementing Digital Campaigns with Policy Advocacy: Ensuring appreciation translates into actionable change.
- Promoting Inclusivity: Extending reach to marginalized and rural communities.
- Measuring Impact: Developing metrics to assess both awareness and systemic improvements.
- Encouraging Sustainable Engagement: Moving beyond one-day campaigns to year-round appreciation and action.
- Leveraging Education: Integrating gratitude and children's rights education into school curricula.

Conclusion

The "vote for thanks for Children's Day" movement exemplifies a modern approach to celebrating and recognizing the contributions of those dedicated to children's welfare. Rooted in digital activism and community participation, it fosters a culture of gratitude, awareness, and social cohesion. However, its ultimate success hinges on translating appreciation into sustained action, policy reforms, and tangible improvements in children's lives. As this movement continues to evolve, stakeholders—governments, NGOs, communities, and individuals—must work collaboratively to ensure that gratitude leads to meaningful change, ensuring every child's right to a safe, healthy,

and nurturing environment.

End of Article

QuestionAnswer What is the significance of voting for Thanks for Children's Day? Voting for Thanks for Children's Day helps to show appreciation and gratitude towards children, recognizing their importance in society and encouraging positive values. How can children participate in voting for Thanks for Children's Day? Children can participate by expressing their gratitude through essays, artwork, or voting in school or community activities that celebrate and honor the day. What are some popular ways to thank children on their special day? Popular ways include giving heartfelt messages, organizing fun activities, distributing gifts, and publicly acknowledging their achievements and contributions. Why is it important to promote gratitude among children on Children's Day? Promoting gratitude helps children develop positive attitudes, empathy, and respect for others, fostering a caring and appreciative community. How does voting for Thanks for Children's Day impact children's self-esteem? It boosts children's self-esteem by making them feel valued and appreciated, encouraging them to express themselves and participate actively. What are some trending themes for Thanks for Children's Day celebrations? Trending themes include 'Celebrating Childhood,' 'Gratitude and Joy,' 'Future Leaders,' and 'Children as Bright Stars of Society.'

Related keywords: Children's Day appreciation, thank you messages for kids, Children's Day gratitude, kids celebration thank you, Children's Day recognition, appreciation quotes for children, gratitude messages for kids, Children's Day acknowledgments, thank you notes for children, kids appreciation phrases

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