

# TAKE WHAT YOU NEED



## PURPOSE:

### Why?

Creating a Take What You Need bulletin board is an easy way to support your school community by providing them with encouraging words, compliments, pieces of advice, and more!

## HOW TO:

### Materials & Budget

- Envelopes and note cards (\$10 or free if you can use school materials)
- Colored markers or pens (\$5-10 or free if you can use school materials)
- Bulletin board or cork board (\$15 or free if you can use school materials)
- Stapler (\$5 or free if you can use school materials)

### Instructions

- As a group, decide on a handful of categories to use for your "Take What You Need" bulletin board. Ex: "kindness", "love", "calm", "a smile", "encouragement", etc.
- Pick about 5-7 categories, write the name of each category onto an envelope, and assign people to each category.
- Then in each envelope add 10-15 notes that pertain to the category. They can be short and sweet or more lengthy if needed!
  - Ex: For the encouragement envelope you can write a short note that says "You got this!"
  - Add inspirational quotes from celebrities, movies, books, etc.
  - Print out memes or images to also place in the envelopes.
- Once you have written all the notes and placed them in their respective envelopes, attach the envelopes to a bulletin board in your school hallway. Be sure to ask permission!
- If you can't take over a full bulletin board, maybe buy a small corkboard that you can place in the cafeteria at lunch or a BC2M tabling event.

## Timeline

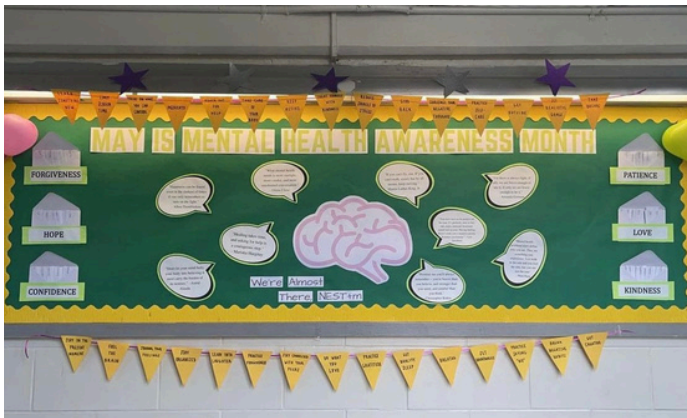
Creating the bulletin board will take 30-60 minutes depending on how many people you have in your club and how short/long you want to make the notes.

## Impact

This activity is a perfect way to engage the school-wide community!

## Example(s)

Example from NEST+m High School  
BC2M!



Another Take What You Need photo  
example from Academy of Mount St. Ursula



If your club wants to add a "Give What You Can" section, you definitely can!

- Potential categories:
  - Random Act of Kindness
  - Positive Affirmations
- Materials:
  - Envelope with blank note cards
  - Pens or markers for writing notes
  - Envelope with a category for them to put their finished note in!

Post photos from this activity to your club  
Instagram and tag @bc2mhighschool

