

POSITIVE MESSAGING



PURPOSE:

Why?

Brighten someone's day and spread positivity with our Positive Messaging activity! This fun and heartwarming activity encourages students to write and share uplifting messages to their peers and throughout the school, fostering a supportive and encouraging environment

HOW TO:

Materials & Budget

- Individual Club Activity:
 - Multicolor Post-it -notes or blank postcards \$5-15 or free if you can use school materials)
 - Colored markers or pens (\$5-10 or free if you can use school materials)
- School-Wide Activity
 - Multicolor Post-it notes or blank postcards (\$5-15 or free if you can use school materials)
 - Colored markers or pens (\$5-10 or free if you can use school materials)
 - Lockers, bathrooms, & classrooms (free!)

Instructions

- Individual Club Activity:
 - You will need to purchase materials from a craft store or use school materials if allowed.
 - With the person sitting next to you, write down a positive and encouraging letter on a Post-it note or a postcard. You can also write a positive note to a teacher or family member.
 - Give your positive postcard to this person to brighten their day!
- School-Wide Activity
 - You will need to purchase materials from a craft store or use school materials if allowed.
 - As a club, spend time writing positive and encouraging notes on colorful Post-it notes like: Keep pushing through, You got this, You are strong
 - Then as a group spread the Post-it notes throughout the school in lockers, bathrooms, and classrooms. Be creative!

Timeline

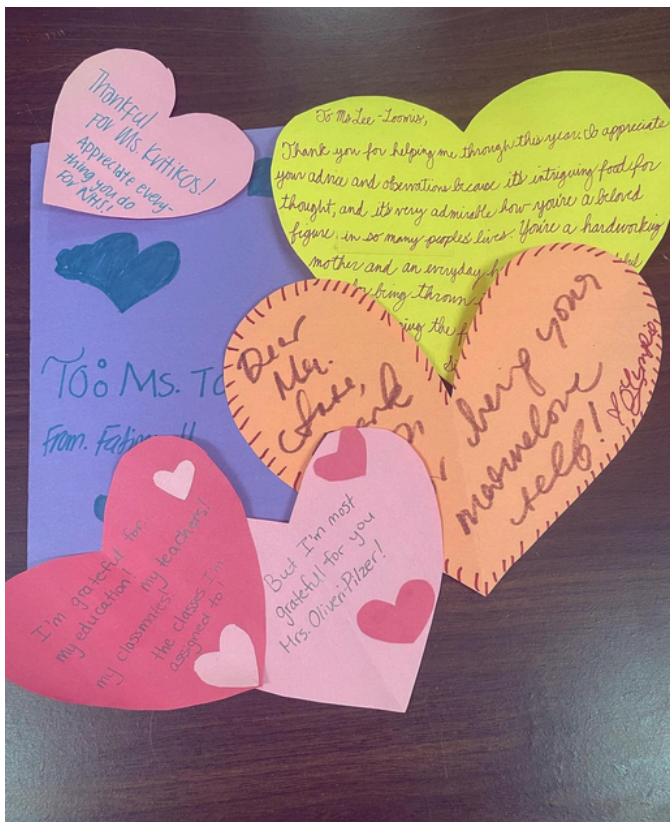
You will need at least 2 weeks to buy supplies, organize your meeting, and come up with example letters and ideas about where to post the letters for a school-wide event. This activity will take 30-60 minutes to make the cards and another 30 minutes to distribute them.

Impact

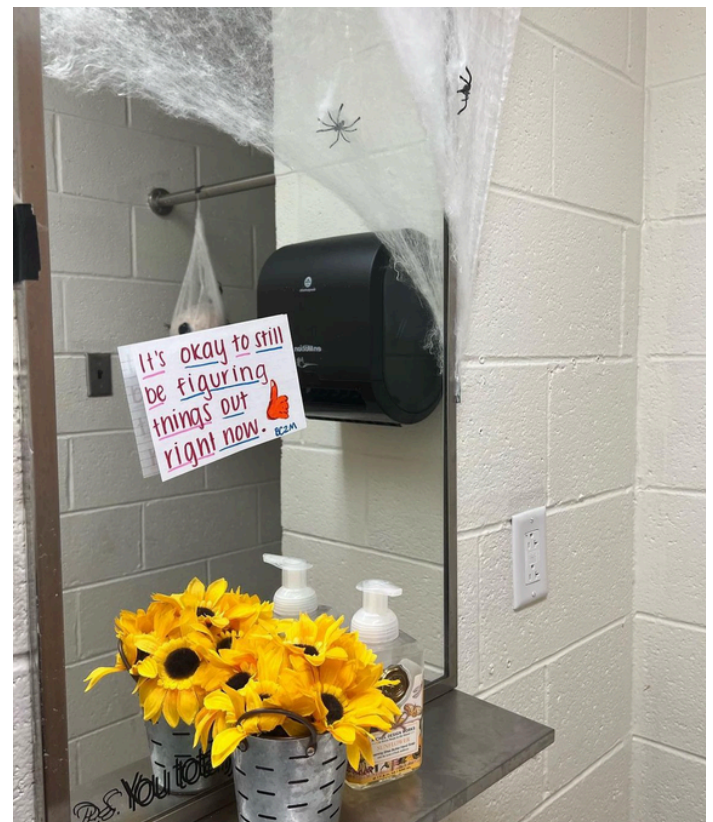
This activity is great for club meetings to foster a supportive community within your club. However, you can also do this activity on a larger scale and engage the school-wide community.

Example(s)

Individual example from FHHS
BC2M!



School-Wide example from Notre
Dame High School BC2M!



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

