



# Make & display an uplifting message around your school.

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## Get Inspired

### Quote

"Make each day your masterpiece."

*John Wooten*

### Fact

Studies show that positive thinking helps with stress management and can even improve your health.



## Shake It Up

Sing the song "If You're Happy and You Know It, Clap Your Hands." Stomp your feet. Turn around. Shake your leg.

"I am happy!"



## Talk It Out

1. What are some positive things we can say to ourselves or to others to feel happy and good? (As an example: You are AWESOME!)
2. How do you feel when you say those positive things?
3. How do you think other people feel when you say positive and encouraging things to them?



## Do It!

1. Create 10 positive and uplifting messages on small pieces of paper.
2. Hang and display them around your class, school or home for everyone to see.
3. Enjoy the happy feelings you have from sharing positivity!

# Make & display an uplifting message around your school.

### SEL Competencies

#### Self-Awareness

Identifying Emotions  
Accurate Self- Perception  
Recognizing Strengths  
Self-Confidence

#### Self-Management

Stress Management  
Self-Motivation

#### Social Awareness

Perspective-Taking  
Empathy  
Respect for Others

#### Relationship Skills

Communication  
Relationship Building

### Timeframe

15 - 30 min

### Materials Required

10 Post-It notes, index cards or slips of paper  
Pens, markers or pencils  
Tape



### Get Inspired

#### Quote

Invite a student to read the quote.

#### Fact

Studies show that positive thinking helps with stress management and can even improve your health.

[Source:](#) Mayo Clinic



### Shake It Up

**Get your students moving. Invite them to do the following activity:**

Sing the song "If You're Happy and You Know It, Clap Your Hands." ...Stomp your feet ...Turn around ...Shake your leg.

When finished have your students shout out, "I am happy!"



### Talk It Out

**Encourage your students to reflect on the provided questions.**

1. What are some positive things we can say to ourselves or to others to feel happy and good? (Make a list as your students share their ideas. This will help your students when they begin creating their 10 positive notes.)
2. How do you feel when you say those positive things?
3. How do you think other people feel when you say positive and encouraging things to them?



### Do It! (as a class + individually)

1. Have your students create 10 positive and uplifting messages on small pieces of paper. Encourage them to use ideas from the list the class created earlier or make up their own.
2. Suggestions: "You are loved!" "You are awesome!" "Your smile lights up the world." "You matter to me." "The world is better because you're in it." "This is your day. Make it a great one!"
3. If appropriate, let your students go around and hang up their 10 notes during class time. Otherwise, tell them to hang them up around their home after school. (Refrigerators, doors and windows are great hanging places!)
4. As a follow up, ask your students to share the feelings they experienced.