



Purpose

Being happy and positive helps growing minds thrive. Teach your students to use positive language and make others happy with their kind words and pictures.

Daily Give

People - Spreading happiness

Environment - Recycling

Grade Level

Elementary K- 7

Tools

Video

Leaving People Notes

Please see this link - <https://www.youtube.com/watch?v=SpYjNMDcgjM>

Materials

- Paper that can be recycled from old cards, wrapping, art, ect.
- Coloured pencils, markers and/ or crayons
- Tape
- Writing Journals for Grades 4 - 7

Curriculum Framing Questions

On a white board or flip chart answer these questions with your class as guiding questions.

- What does it mean to be kind to others?
- How does it feel when someone says something nice to you?
- What are some nice things that have been said to you?
- What are nice things you have said to others?



Procedure

- Watch introduction video

Grades K – 3

- As a class create a list of 10 words or short sentences that are positive and kind to say to others.
- As a class, choose 5 friendly happy images you can draw to make someone smile.
- Using the recycled paper, ask the students make small shapes (squares, hearts, circles).
- Have each student create 2 messages - one written by copying the words you created as a group and one with a happy image.
- Place a piece of tape on each note.
- Have the students walk around the school posting their notes in places other students, staff and parents will see them. Examples: Washroom stalls doors and mirrors, staff room door, school entrances, water fountains, etc.

Grades 4 – 7

- Divide students into groups of 4.
- Empower students to create 8 kind messages within their group.
- Have students present their messages to the class.
- Using the recycled paper have students make small shapes (squares, hearts, circles)
- Have each student write 2 messages on their cut notes.
- Place a piece of tape on each note.
- Have the students walk around the school posting their notes in places other students, staff and parents will see them. Examples: Washroom stall doors and mirrors, staff room door, entrances to the school, water fountains, etc.

Curriculum Subjects

Writing, English Language Arts, Health and Career, Visual Arts

Prescribed Learning Outcomes

Thinking, Communication, Health & Career, Personal & Social



High School Lesson Plans have been created by Diane Nelson, Principal of the West Vancouver Premier Sport Academy. As a MindUP trainer she continues to use her vast experience and knowledge to write and test the most effective lessons plans for the high school level. Diane recently co-wrote Fin's Friends, a program designed to teach primary students about character and social responsibility. Diane's grade 8 class is participating in the 365give Challenge pilot program.