

Kindness Board

Purpose: To increase overall student well-being. To facilitate connectedness and strengthen community. To create a culture of kindness. To encourage young people to think kindly about others, as well as hopefully increasing positive self-talk.

Supplies: Post-It Notes, markers or pens

Instructions: This can be done on any blank space, whether it is a bulletin board, a door, a bit of wall space. Simply create a grid of Post-It Notes. Write compliments on some of the Post-Its. Leave other Post-Its blank. Put a sign explaining the activity somewhere within or next to the grid of Post-It Notes (feel free to use sample on the second page). You may also want to verbally explain the project to your class or school. You can add graphics or quotes or anything you would like to the board, or you can leave it simple and sweet with just the Post-It Notes and the instructions! (Feel free to use the quotes on the last page of these instructions if you would like!) You can either hang pens or markers from the board, or have them on a nearby surface for people to use.

Plan to check up on the board once a day. You will check for any inappropriate or unkind messages to remove, add more blank Post-Its as needed, and write more compliments if most of the Post-Its left are blank.

Examples of Compliments:

- You sparkle!
- You are doing a great job!
- You can do it- I believe in you!
- You are enough!
- You are creative!

Examples:



Take a Compliment, Leave a Compliment!

Help spread kindness and positivity!

Need something to brighten your day? Please feel free to take a Post-It with a compliment on it with you!

Want to brighten someone else's day? Write a compliment on one of the blank Post-Its for someone else to take!

Feel free to take a compliment AND leave a compliment!

Take and leave as many as you would like!

Rules:

Please leave messages that are school appropriate (no swearing)

Please do not write anything unkind

Please do not steal the extra blank Post-Its or markers





*Be your
OWN KIND OF
beautiful*



