

Get Sticking



This activity encourages spreading kindness and positivity by leaving surprise sticky notes for others. The goal is to brighten someone's day with an unexpected, thoughtful message and reflect on the positive impact people have on your life.



Learning Intentions

Foster Kindness and Positivity:

Students will practise acts of kindness by writing thoughtful messages and leaving them as surprise notes for people who have positively impacted their lives.

Encourage Gratitude and Reflection:

Students will reflect on the positive influence others have had on them, acknowledging these contributions through written messages that express gratitude.

Promote Emotional Well-Being and Connection:

Students will strengthen social bonds and emotional well-being by engaging in this positive activity, cultivating a sense of connection and joy.



Success Criteria

Creation of Thoughtful Messages:

Students have successfully written personalised and positive messages on sticky notes for at least 3-6 people, showing an understanding of these individuals' impact on their lives.

Active Participation in "Sticky Surprise Mode":

Students actively and creatively participate in placing their notes in unexpected places, demonstrating thoughtfulness and the desire to spread kindness.

Reflection on the Experience:

Students take time to reflect on the positive effects of the activity, sharing their feelings about how engaging in the "Sticky Surprise Mode" brought joy and connection to both themselves and the recipients of their notes.



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Objective:

This activity encourages spreading kindness and positivity by leaving surprise sticky notes for others. The goal is to brighten someone's day with an unexpected, thoughtful message and reflect on the positive impact people have on your life.

Materials:

- Sticky notes (post-it notes)
- Pens or markers

Setup:

- Ensure each student has several sticky notes to use when writing their positive messages.

Step 1: Make Your List

1. Choose 3-6 People:

- Make a list of 3-6 people who have had a positive impact on you or others. This can include friends, teachers, parents, or anyone who contributes positively to those around them.
- **Challenge:** You can't choose only friends! Make sure you include at least:
 - One teacher
 - One parent/guardian
 - One person who isn't directly in your social circle but deserves a note for their positive influence on the world.

Step 2: Write Your Positive Notes

1. Craft Your Message:

- On each sticky note, write a positive thought or message for the person on your list. You can be light-hearted and fun, or you can choose to be serious and heartfelt—it's entirely up to you!
- Make sure your message acknowledges their efforts in supporting others or their impact on your life.



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Step 3: Activate "Sticky Surprise Mode"

1. Place Your Notes Secretly:

- The fun part of this activity is leaving your sticky notes in places where the recipient will find them unexpectedly.
- For friends at school, stick the note on their locker, inside their pencil case, or on their laptop when they're not looking.
- For teachers, leave the note on their desk.
- For parents/guardians, take it home and place it where they'll stumble upon it (e.g., the fridge, their car dashboard, or their favourite book).

2. Bravery Bonus:

- If you're feeling brave, sign your sticky note so they know it's from you. Alternatively, you can leave it as an anonymous note of joy!

Step 4: Reflect and Enjoy

1. Feel the Positivity:

- After leaving your notes, take a moment to reflect on how these people have positively impacted your life. Feel good knowing that your surprise will brighten their day.

Final Thought:

Remember, getting an unexpected surprise is a wonderful feeling. By spreading these small acts of kindness, you're not only making others feel good, but you're also cultivating a positive mindset in yourself. Have fun, get creative, and enjoy the positive energy this activity brings!

Note:

Encourage students to share their experiences (without revealing specific details) about how engaging in "Sticky Surprise Mode" felt and how they believe it impacted the people they wrote to.

