

**ACTIVITY**

# HELPING HANDS, HAPPY HEARTS

## A Team Appreciation Activity

A simple way to make every staff member feel heard, valued, and seen to build a more caring, connected school community all year long.

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**alpaca**



# CREATING A CULTURE OF CARE



## Why Try It?

Try this activity to gather real-time input from staff and turn it into simple, meaningful morale boosts. By leading the planning and lifting the load, leaders model care, responsiveness, and appreciation—building a culture where every team member feels supported.



## When to Use It:

- A monthly morale booster or “Feel-Good Friday”
- A staff meeting kickoff to set a positive tone
- Part of Appreciation Week or testing season stress relief
- A surprise pop-up during a tough or busy stretch



## Key Benefits:

- Staff feel seen and celebrated in ways that reflect their real preferences.
- Builds trust and positivity between staff and leadership.
- Fosters a culture of responsiveness—without adding tasks to teachers’ plates.

## WHAT’S INCLUDED?

- Guide Steps & Directions
- Display Ideas
- Templates & Printables



# ACTIVITY PREP

Gather the materials below and use the talking points to launch this activity with your team.



## Materials:

- "Happy Hands" cutouts (printed or pre-cut on colorful paper)
- Markers or pens (enough for each participant)
- Tape, tacky putty, or push pins (to post handprints on the board/wall)
- Printed signage for the board (e.g., "Helping Hands: Happy Hearts")
- Treat tag templates (optional—small notes to attach to future treats)
- Easel paper or bulletin board space (for a central, visible collection area)
- **Pro Tip:** Use the example script below to introduce the activity and kick things off with purpose and energy.



We want to show appreciation in ways that you actually enjoy. On our Helping Hands board, you'll see "Helping Hands" cards. Use them to write in a treat or moment that would make your day, from snacks to simple acts of kindnesses (e.g. duty coverage, catered snack/beverage 10 minute teacher recess, early dismissal for teachers). We'll take care of the planning. You just share what makes your heart happy.

**Each act of kindness on this board is a reminder that you are heard, valued, and seen. Together, these acts create a culture of care showing that when we honor each other's needs, we grow stronger as a team.**



# Activity Example

Here's a quick example of the activity in action.



# TEMPLATES & PRINTABLES



# Helping Hands, Happy Hearts

Share a Smile,  
Spread a Little Joy

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## HELPING HANDS, HAPPY HEARTS

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## HELPING HANDS, HAPPY HEARTS

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# PRINTABLE COUPONS

Perfect for rewarding your team! Use our ready-to-go printable prize coupons, and if you have an idea to add, let us know!





## COLLABORATION

# BUILT BY EDUCATORS, FOR SCHOOL LEADERS

This resource was created in collaboration with dedicated educators and school leaders who brought their experience, ideas, and insight to every step of the process. We're grateful for their partnership in building tools that truly make a difference in schools.



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# WE'RE SO GLAD YOU'RE HERE!

Thanks for downloading this resource—at [Alpaca](#), we're on a mission to **make school the happiest place to work**.



## Tried an activity?

Send a photo or a staff testimonial to [our team](#), and we'll send you a coffee on us!



## Got an idea brewing?

We love co-creating with school leaders—[drop us a line](#) with any resource ideas you'd love to see next.



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