

#PassYourPositivityOn

PROJECT GUIDE

1,000 Thank You's *Happy Hearts* CHALLENGE & Inspiration Stations



Guaranteed
to create
positivity at
your school!



Created and school-tested by

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Introduction

Take on these challenges to create a more connected, healthy, and inspired school where students want to *GO and GROW*.

1,000 Thanks You *Happy Hearts* CHALLENGE

Take some time to write thank-you notes to people who make your *Heart Happy*. The goal is to create 1,000 in a day, week, or series of days like #ThankfulThursdays between 2/08 – 2/23.

Inspiration Stations

Create special spaces to bring people together to share their thoughts and ideas. The “*My heart is happy about...*” **DREAM Wall** is a public space to share thoughts and dreams. **Inspiration ROCKS** are special tokens students make, take and share.

For some February is a time of love and friendship, for others it is not. These challenges are designed to bring positive energy to students, no matter their personal challenges. A simple *Happy Heart Thank You* or **Inspiration ROCK** could help shift mindsets and encourage more engagement with others. By helping others by writing and sharing notes and rocks, or creating a public “*My heart is happy about...*” **DREAM Wall**, students can create a visible change in others and their environment. Kids need a purpose. They need ways to show care and empathy to build relationships. These challenges do both, and more! Exciting experiences are ahead for your students!

Project Tools and Resources

1,000 Thank You *Happy Hearts* CHALLENGE

- Leader Logistics
- 1,000 Thank You *Happy Hearts* CHALLENGE! Poster
- #ThankfulThursday QUICK CHALLENGE Poster
- *Happy Hearts* CHALLENGE Tally Sheet
- Video link: [Student Story](#)



Inspiration Stations

- Introduction
- **DREAM Wall** Poster
- "My heart is happy about..." DREAM Wall templates
- **Inspiration ROCKS!** Poster

Project Portfolio – *See projects in action!*

JOIN us ONLINE!

Social Media Links – Poster your pictures! Share your stories!

Facebook: [1000ThankYouCHALLENGE](#) & [weallhaveavoice](#)

Twitter: [@melinda_forward](#) #PassYourPositivityOn

Support: melindaforward@yahoo.com

1,000 Thank You Happy Hearts CHALLENGE

Leader Logistics

Review the project guide and plan dates for your challenge. The Challenge officially begins on February 9th with the first #ThankfulThursday and ends on February 23rd with the third #ThankfulThursday

1. **REGISTER ONLINE:** <http://www.inspirationschools.org>
2. **Share the CHALLENGE and PREPARE Supplies**
Put up posters. Make announcements.
Gather paper, markers, scissors, and any other fun arty things like glitter+.
3. **Take the CHALLENGE: February 9 - 23**
4 Simple Steps
STOP everything you are doing GATHER students/staff. Everyone is invited!
WRITE as many special Thank You notes as you can during the challenge time.
SHARE thank yous.
RECORD totals on the tally sheet and turn into to the project leader.
4. **REPORT** your total ONLINE so yours can be counted in the GLOBAL GRAND TOTAL
[Click here to report your total...](http://weallhaveavoice.org/thankyou-reporting-page/) <http://weallhaveavoice.org/thankyou-reporting-page/>
NOTE: When you report your total, you will get your CERTIFICATE of PARTICIPATION!

Share Gratitude. Spread Joy. Change Lives.

1,000 Thank Yous

Happy Hearts CHALLENGE

Who makes your **HEART HAPPY**?
HAVE FUN creating special
thank you notes to Pass Your Positivity ON!

You are
INVITED to
Pass Your
Positivity
ON!!!



CHALLENGE: STOP. WRITE. SHARE.

- **STOP** what you are doing for 10 - 30ish minutes.
- **WRITE** some personalized thank you notes to people who are important in your life, people you care about.
- **SHARE** that note and pass your positivity on!

1,000 Thank Yous QUICK CHALLENGE

#ThankfulThursday

WeAllHaveaVoice.org

@Melinda_Forward

HAVE FUN thanking people who
make your **HEART HAPPY!**

YOU are
INVITED to
Pass Your
Positivity
ON!!!



Thank You CHALLENGE: STOP. WRITE. SHARE.

STOP what you are doing and take 10 - 30ish minutes.
WRITE some thank you notes to people who make your
HEART HAPPY. SHARE those notes and you will
#PassYourPositivityON one thank you at a time!

1,000 Thank Yous

Happy Hearts CHALLENGE

YOUR CHALLENGE: STOP. WRITE. SHARE.

PASS Your Positivity ON! Make a difference in someone's day.

5 Simple Steps to #PassYourPositivityOn:

1. Take a piece of paper, any kind!
2. CREATE a thank you to a person you know. Use colors. :)
3. Explain WHY you are thanking this person.
This is very IMPORTANT. SHARE the reasons!
4. Give your Thank You to that person or have it delivered
5. Turn in your tally sheet and count the school-wide total.

REPEAT as many times as possible!



date	name/class	# of Thank Yous	Total

Make it official! Add your thank yous to the Global Grand Total.

Go to: inspirationschools.org

Share Gratitude. Spread Positivity. Change Lives

#PassYourPositivityOn

1,000 Thank Yous

Happy Heart CHALLENGE

Who makes your heart happy?

Write them a thank you to share why. #PassYourPositivityOn

STOP.

WRITE.

SHARE.



Inspiration Stations

Inspiration Stations give students and staff a space and time where they can gather to create notes, posters, and inspiring rocks to pass positivity on to others. The supplies are very simple.

There are two different types of stations in this challenge:

DREAM Wall



Create a community conversation space where everyone can share their thoughts, hopes, and dreams.

DREAM Wall Supplies:

“My heart is happy about...” posters
Markers of all colors
Covered wall space for posters
DREAM Wall sign & table

COMMUNITY CREATIVITY!

Have a table set up during lunch.
Teachers can do posters with their classes. So many possibilities!

Inspiration ROCKS Supplies:

River Rocks
Shiny Markers
Inspiration ROCKS Sign & Table

Inspiration ROCKS can be set up anywhere! Try setting up a table during lunch. Leave a basket at the reception desk for visitors. Put a box in the teacher's mailroom because Teachers ROCK!

Inspiration ROCKS!



Transform simple rocks with inspiring messages and #PassYourPositivityOn!

#PassYourPositivityOn

“My heart is happy about...”

DREAM Wall

STOP.

WRITE.

SHARE.

#PassYourPositivityOn

My heart is happy about...

#PassYourPositivityOn

My heart is happy about...

#PassYourPositivityOn

Inspiration ROCKS!



STOP. WRITE. SHARE.

#PassYourPositivityOn

Project Portfolio

To give you an idea of what these challenges can look like, check out pictures of the following pages.

These challenges are for people of ALL AGES and BACKGROUNDS.

That is a part of the power.

**We ALL have ideas to share.
We just need a place and purpose.**

DREAM Wall

“How do you spread love?”

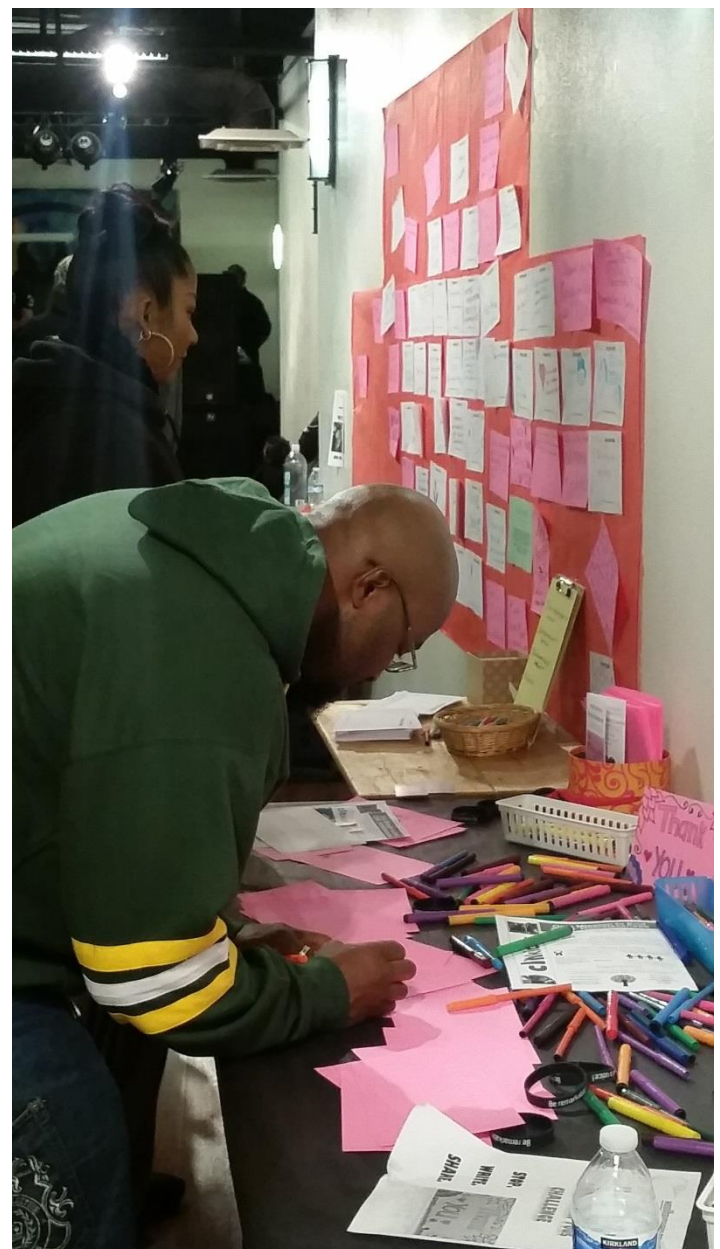
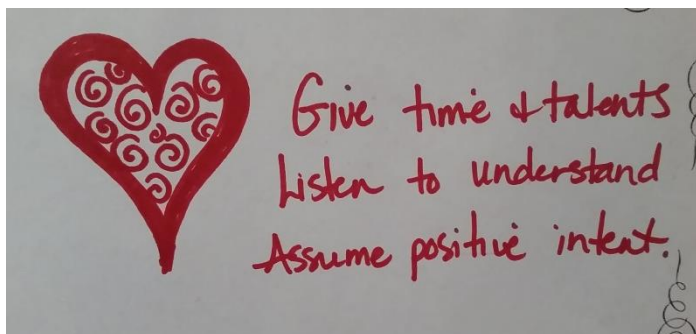
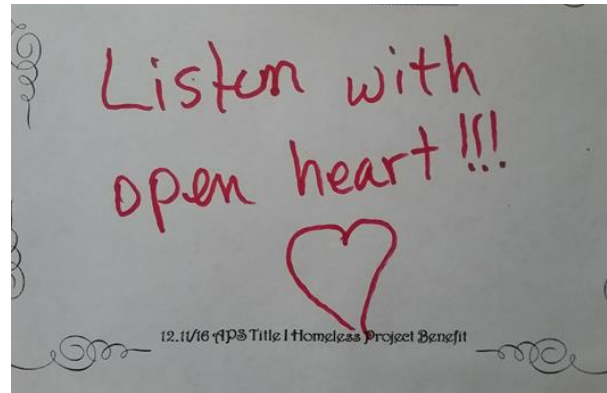
Before the DREAM Wall set up:



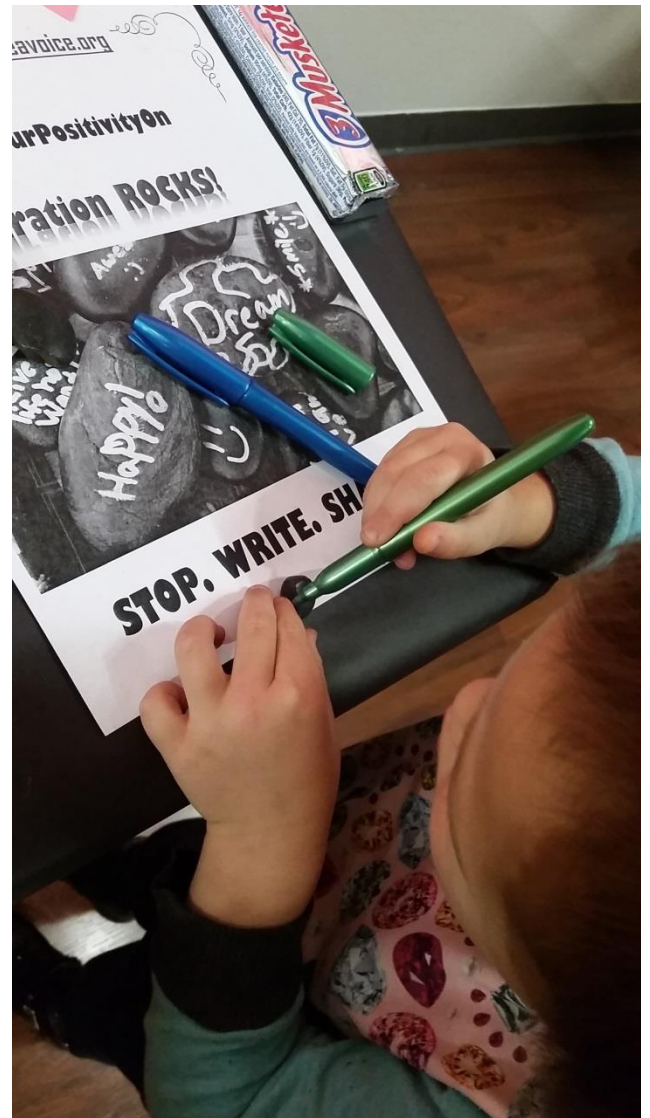
People interacting, sharing thoughts during the event...



DREAM Walls give people, of all ages, a space to share their thoughts and dreams about a common conversation. It's inspiring to write, and read.



Inspiration ROCKS!



Inspiration ROCKS do inspire new ideas.

A young boy at the #SpreadLoveABQ event started a conversation with just a few rocks. He started it when he wrote “Add to me” on three small rocks. By the end of the event, there was a long community conversation that you may read here.

This is another example of how Inspiration ROCKS can be used to promote literacy as well as community connections.



See how some simple rocks and shiny markers can bring together people of ALL ages and backgrounds. This project gives everyone a place to share.

1,000 Thank Yous

#ThankfulThursday

WeAllHaveaVoice.org

@Melinda_Forward



Students gather for 30 minutes at lunch to create thank you notes. Listen to Lisa's comments about her experience.

[CLICK HERE to WATCH VIDEO.](#)

1,000 Thank Yous

Happy Heart CHALLENGE

STOP.

WRITE.

SHARE.



Inspiration Schools

We All Have a Voice! Student Empowerment Program



Melinda Forward and Thomas Sena, Directors of *We All Have a Voice!* work with school leaders who want to help students learn new communication skills so they can empower themselves, inspire others, and stay in school because they see it as vital to their future.

Welcome! I want to thank you for accepting the invitation to #PassYourPositivityOn with 1,000 Thank Yous and Inspiration Stations!

As a teacher in Title I schools for the past 11 years, I have seen the need for more positivity and relationship-building activities. One reason is that these students often do not have strong support systems outside of school. Students in poverty often experience negativity at home and can lose hope of a future. If they don't feel valued or important at school, they are more likely to give up when it gets difficult.

This project is about going beyond content instruction, with simple service projects. Inclusivity is a key element. ALL students, including students who may otherwise be lost in the crowd, are invited to participate.

Common conversations, like ones about Happy Hearts and

Dreams give people a new opportunity to connect with one another. In sharing thoughts and feelings about something different, like positivity and gratitude, relationships strengthen. This interaction is a result of engagement in a common activity, a fun challenge where everyone is important.

My mission is to help school leaders: CREATE. ENGAGE. INSPIRE. & BUILD schools where ALL students are so connected with their dreams and their skills that they see school as vital to their future.

I have some other service projects that might fit your school's needs. Please [contact me](#) at: melindaforward@yahoo.com for more details. I am here to help YOU help kids stay in school. We are partners on the same journey.

Melinda Forward, NBCT

inspire change.
Engage student voice.
Build community.

#PassYourPositivityOn

Once you have completed your project, we'd love to hear from you. Your feedback helps us develop future projects. Add your comments on the project page, or send us an email!

Comment here:

School Culture Project: 1,000 Thank Yous CHALLENGE

email: melindaforward@yahoo.com

Change Lives.

We have more engaging projects!

CHECK out other easy-to-implement projects on our website:

[We All Have a Voice!](#)
[Student Empowerment Program](#)

We look forward to working with you again! Thank you!

