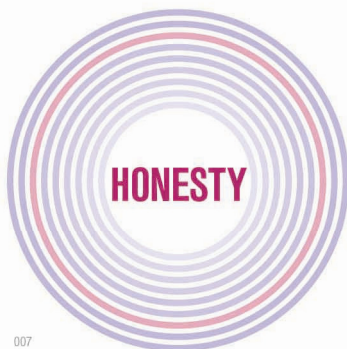
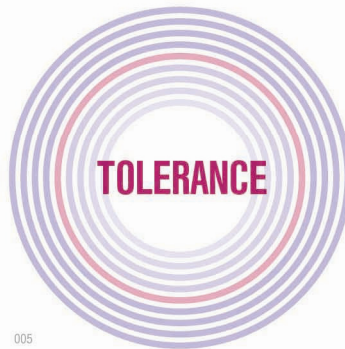
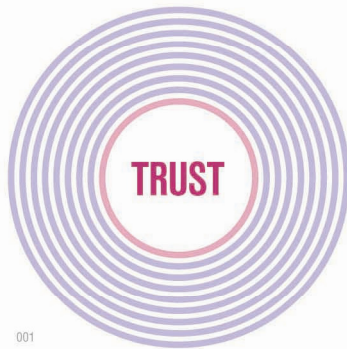


learningforlife



Positive Well Being

This activity is designed for Year 7, but could work with older classes.

The activity is designed to help enhance our generosity and general well being.

1. The students pick a name of someone from a cup. Then they make a greetings card for that person using the colored paper provided. Inside the card, write positive adjectives and adverbs about the person they picked out from the cup. (15-20 mins)
2. Then on the front of the card write the name of the person. Try creating a design around the person's name. In organized 'mingle time" they present the card to the person. (15mins)
3. (In pairs) Talk briefly about how it feels to receive compliments. (2-5mins)
4. (Whole class) Talk about how it feels to receive compliments and to give compliments. Are there enough compliments in the world? How can they change that? (3-5 mins)
5. Write a paragraph on compliments why they are important and what is the most memorable compliment they have ever had. (15 mins)