

# Mirror Motivation



Leave positive messages around mirrors at the school bathroom to encourage others to have a good day!

**First:** Talk to your school administration to secure permission first!

**Second:** With friends, decorate the mirrors of the bathrooms with positive messages. You could make it on posters, post-its, or anything else your administration is okay with!

**Third:** Change up the messages often so the other kids regularly read these notes!

**Fourth:** If your administration is okay with it, you could take it a step further by creating informational materials to hang on bathroom stall doors for special months. For example, during Black History Month, you could do research about black history facts. Explore a calendar for holiday and heritage months (<https://seramount.com/articles/category/heritage-months/>). Check with administration to see which ones would be good to celebrate. They may want to read your research before you post it, too.

**Fifth:** Start spreading motivation, positivity, and spreading inclusionary knowledge!

Need help completing your kindness act?

Reach out to our Student Group Coordinator for help with planning or assistance.

Need help with funding for your act? We can help you! Apply on the Random Acts website.

Changing the world one random act of kindness at a time

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info@RandomActs.org



www.RandomActs.org