

Pause-itivity



Some days, all it would take is a kind word to cheer up a student. So, this will make sure that some are always available.

First: Confer with administrators to locate somewhere in the school where you can create a post-it wall. You could even do one for students and, perhaps in the teacher's lounge, one for staff.

Second: Write motivational quotes and kind words on as many post-its as you can. Recruit other teachers or some students to help!

Third: Hang these post-its on the wall in the locations identified with admin with a sign saying "take a kindness." This will encourage people to take a post-it to cheer themselves up when they are having a rough day.

Fourth: A variation for teachers is to have staff anonymously write "good job" notes to other staff when they see their colleagues doing something kind or helpful. This acknowledgement may help reinforce good behaviors while also recognizing and appreciating good deeds.

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

A registered 501(c)(3) organization in the
United States. EIN #: 04-3276521



info@RandomActs.org



www.RandomActs.org