

## Tell Me Something GOOD!

### Overview

In this activity, students will gain appreciation of their peers and of themselves. This activity is particularly appropriate when a classroom environment holds conflict and/or animosity.

### Grades

1-8

### Activity Type

Whole group or small group

### Materials

Post-It Notes

### Duration

One 20 minute session

### Instructions

1. The teacher will want to customize the introduction to fit his/her classroom situation. The following is a possible introduction:
 

Over the last weeks, we have lost some of our good sense of community. There has been lots of bickering over little things and a general lack of respect for feelings of others as we have formed collaborative learning teams. Today, I want us to take a little break and to dedicate a little time to building our community.
2. Remind students of some of the basic tenets of a working community:
 

A community is comprised of many different kinds of people. We don't have to like all of them. We don't have to agree with all of them. But if we are to be a successful, well-functioning community, we need to be respectful of one another. We need to ensure that everyone's voice is heard. We need to disagree in a respectful manner. We need to recognize that every person in this classroom community has something of value to share.
3. Today you are going to find something GOOD to say about your fellow classmates. It may be something small—"I love that t-shirt you wear"—or something significant—"I can trust you with my secrets." Provide students with access to Post-It Notes. Each student will right a positive comment to every student in the class. These are anonymous comments (no names signed!).
4. After a designated time, students gently stick the positive notes on the back of the recipient, or on the recipient's desktop. At the designated time, the student reads all his/her comments.

### Teacher Notes:

- Teachers with more time can also instruct students to decorate a brown paper bag with their name then place these bags somewhere in the room. Allow students to spend several days or more dropping positive notes into one another's bag. At the end of the allotted time, students can retrieve their bags and read all of the positive comments made to them.
- It is recommended that teachers monitor students as they work on their notes, offering guidance when students need it and to ensure all comments made are in fact, positive.

5. Afterwards, discuss:
  - Is there anyone who feels especially good about a particular comment left for you? If so, would you like to say thank you? (For example “Thanks to the person who said I’m good at drawing, because I didn’t think anyone had noticed and I hope to be an artist one day.”; or, “Thanks to the person who said I have good ideas because that made me feel good.”)
  - How are you feeling after this exercise?
6. In a community—and this classroom IS a community—members need to feel valued and respected. Today we made an effort to validate one another.