

Cheerful Chains

Activity

Resource: Ideas for Action

Grade(s): 1 2 3 4 5 6 7 8 9 10 11 12

What Is it All About?

Students write something they enjoy or are thankful for and display these kind and positive words around a common area within the school.

Why Do It?

Share the love! Time to fill the school's common area with positive energy. Share what you enjoy or take a moment to read others positive thoughts and have a brighter day.

How Do We Do It?

Cut numerous strips of bright coloured paper.

Have students write one thing that they are good at doing, enjoy or are grateful for.

Glue or tape the strips together in a link/chain form and decorate s common space in the school with the chain.

What Else Do We Need?

- Coloured paper
- Scissors

- Writing utensils

How Do We Get Creative?

Create a chain long enough to circle the school's hallways.

Have all students within the school contribute to the chain. Do this by having each classroom receive a number of slips of paper and return them to the organizing group.

Adapted from: Bounce Back ... Again, 2nd Edition. Retrieved from

https://phecanada.ca/sites/default/files/content/docs/teach-resiliency/bounce%20back%20booklet%202014%20web.pdf/sites/default/files/content/docs/teach-resiliency/bounce%20back%20booklet%202014%20web_0.pdf