

Happy Hello Letters

Activity

Resource: Ideas for Action

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

What Is it All About?

Write a happy hello letter to your school or your community. Organizers send or post the letters at a predetermined (surprise) time in the future. Respect and appreciation toward yourself and others are important themes in this activity. The shift in perspective from focusing on flaws to celebrating the fabulous is powerful.

Why Do It?

A happy hello happy hello letter accentuates the positive and allows for expression using words and art. It is a simple, beautiful, and uplifting thing to receive.

How Do We Do It?

Decide whether letters will be anonymous or signed.

Reflect on what you love, like, respect, or admire about the recipient of your letter.

Treat the creation of the happy hello letter like an art project. Use interesting envelopes, coloured markers, fun paper, and stickers. Draw, doodle, or colour—anything goes!

Work with your adult ally to have the letters delivered, or arrange for the letters to be delivered or posted in a fun and creative way.

Leave enough time so that the writer forgets what was written. This makes it even more fun to read later!

In case this activity triggers anything in participants, ensure appropriate resources (information about local counselling and crisis supports and counsellors) are available and publicized ahead of time.

What Else Do We Need?

- Stationery (paper, envelopes)
- Markers, stickers, patterned tape
- Pastels, pencil crayons, brush pens

How Do We Get Creative?

If people are stuck, consider idea starters such as unique attributes, characteristics—anything to get the compliments and positive vibes flowing.

Consider keeping the letters anonymous (with no identifying characteristics) and “hiding” them all over school (e.g., tucking them into bicycle spokes, in between railings, in library books or shelves).

Display the letters somewhere in the school where everyone can read them.

Adapted from The Love Lettering Project.