

## Surprise Sticky Notes

### **How does it help students?**

- Students are able to practice gratitude and share positivity with others.

### **What will we need?**

- Post-It notes
- Pens or markers

### **How do we do it?**

- Sit quietly for a few moments and think about someone for whom you are grateful. This may be a friend, a family member, a teacher or staff member at your school, a neighbor, or anyone else who has had a positive influence in your life.
- Use a pen or marker to record on a sticky note why you are grateful for them.
- Share your sticky note with your special person.

**Source:** Ackerman, C., & Oppland, M. (2017). 31 gratitude exercises that will boost your happiness [web article]. Retrieved from <https://positivepsychologyprogram.com>