

ACTIVITIES
— FOR —
EVERYONE

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Our philosophy –

School culture is the baseline of emotional connectedness a population feels towards their school's identity.

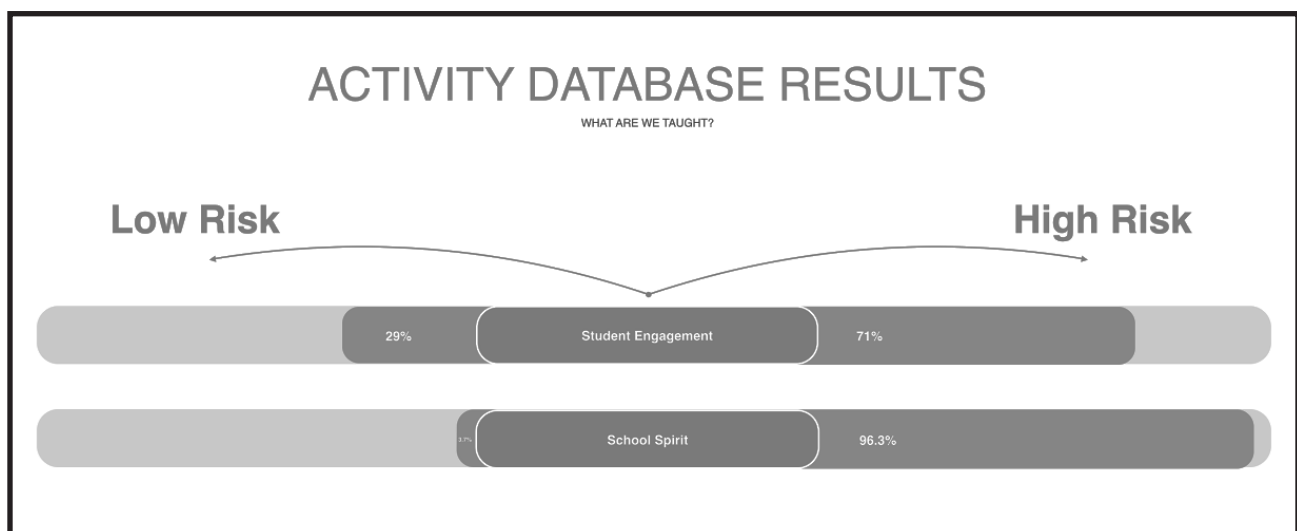
In order to foster a high level of emotional connectedness, student council and ASB programs work to establish *shared experiences* through campus activities.

The better the experience, the more connected students feel.

An individual's likelihood of participating in *shared experiences* is directly linked to the **trust** he/she has in their culture.

Let's gain **trust**.

Question: What activities can we use to generate trust?



Answer: Not many.
Let's change that.

1. “You belong here.”

A. New Student Spotlight: New students at any school can easily feel isolated and secluded. Let’s change that! Using your ASB’s social media account, interview and highlight new students to showcase the amazing gifts they bring to your community.

B. Tunnel of Support: During the first week of school, organize your staff members into a “Welcome Tunnel” for students to walk through. The more we can do to create a supportive environment for our students, the better!

C. Mirror Mirror: Do you have particularly contentious or stressful areas on campus? Let’s reclaim those spaces for our community! Have your student leaders (and any interested staff members) hold large mirrors up during lunch. Mirrors should have helpful and compassionate phrases written at the top. Examples include “This person is loved”, “This person is beautiful”, and “This person is respected”. As students walk by your human mirrors, they’ll quickly know just how appreciated they are!

D. Rival Love: Schedule an evening or weekend day and visit a nearby rival school. Use chalk art and posters to spread kindness from one campus to another. You will be shocked at the buzz generated at both schools!

E. We’re Happy You’re Here!: The back-to-school season can often leave teachers just as stressed as students. Dedicate some time during the summer to write handwritten, personalized letters to each and every staff member on campus – a simple letter can be incredibly meaningful at such an important time.

2. “You’re appreciated here.”

A. Roses for All: Before a school theatre production, hand out small red pieces of paper for students to write good-luck wishes on. Right before opening night, form the red pieces of paper into a bouquet of roses to hand out to all involved. This is not only an incredibly sweet gesture, but also a phenomenal way to gain trust with the theatre group at your school.

B. Farch Fun: February and March are the most difficult times of the year to plan student activities. Not only are students less likely to participate, but ASB groups are typically drained from the fall semester. Take a week during “Farch” to celebrate your leaders in the classroom. Reflect on the successes of the school year, express gratitude for hard work, and recharge for the final push towards summer.

C. Golf Cart Crazyies: Girls golf is one of the least supported sports at high schools across the country. With the help of your local golf course, rent out a series of carts and decorate them in spirit swag. During their next home match, surprise your team with a wave of support!

D. Bookkeeper Love: ASB bookkeepers are especially stressed during the fall season. Not only are they signing countless forms for activities, but they are also dealing with vendors so we don’t have to. To show them just how loved they are, plan a special day just for them! Special meals, handwritten letters, and “invoices” filled with loving affirmations are a great way to show support!

E. Special Aide: Special Needs aides are unsung heroes at schools around the country. With the help of your student body, plan a time of recognition just for them! The more we can do to support the people who make our school amazing, the better!

3. “You’re supported here.”

A. Stress Wall: Ever get so stressed during finals that you want to throw something? Us, too! During your next week of testing, set up a large white canvas in a public area. Next, set out buckets of paint in school colors. Using paint brushes and sponges, allow students to “throw” paint against the wall. By the end of the activity, you’ll have a beautiful mural to hang for all to see!

B. The Giving Tree: Students always seem to lose their most necessary supplies during testing season. As a gesture of support and goodwill, place a fake Christmas tree in the middle of campus during finals. Instead of hanging ornaments, hand nice mechanical pencils and pens from the branches. Students have the ability to get pens/pencils whenever they would like during the week.

C. The Lounge: Everyone could use a bit of extra support during finals season. With the help of staff members on campus, turn your library into coffee shop and study lounge. To show students that we’re truly rooting for them, make sure all of the coffee and snacks are free. Want to take things up a notch? Have teachers on standby to tutor students before their big exam.

D. Second Week Slump: Emotionally speaking, the second week of first semester is one of the most stressful times of the year. Rather than getting back to business as usual, set aside a day for students to feel loved and appreciated! Set out blankets for picnics, hand out free coffee in the morning, or simply have leaders hold open doors for students in the morning.

E. Jersey Love: Before your next big game, have your leaders cut out paper replica uniforms for each player on your team. Next, encourage students and staff members to cover the uniform in good luck wishes and encouragement. Finally, just before the game gets underway, hang your replica uniforms from the locker of each team member!

4. “You’re heard here.”

A. The Piñata: Flip negative labels on their head and show students how supported they are through this lunchtime activity! To get started, go to your local grocery or party supply store and buy a blank (preferably colorless) piñata. Next, allow students to cover the piñata with negative labels that students can receive on campus. Throughout the school week, work with your fellow student leaders to write hundreds of short, kind, compassionate notes that reaffirm students for who they are. The basic message here? “You are good enough and valuable!” Connect each note to a small piece of candy and fill. Finally, set up a lunchtime activity where students have the ability to take a swing at the piñata. When it breaks open, kindness will spread everywhere!

B. Take What You Need, Give What You Have: Cover a large wall on campus with blank poster paper. On one side of the wall, write the phrase “Take What You Need”. Cover this side with post-it notes such as “hope”, “happiness”, “compassion”, etc. On the other side, write the phrase “Give What You Have”. This side of the wall should be covered with blank post-it notes, allowing students to leave behind kindness for others.

C. Kindergarten Prom Notes: Students always need to be reminded to be safe and healthy. Before your next dance, enlist the help of your local elementary school. Have these young students write personal, handwritten notes to each high-schooler attending your next dance, encouraging them to make smart decisions. These letters can be taped to the dashboard of students’ cars as parking permits.

D. Unity Wall/Mural: Create a large mural on campus to celebrate the diversity of your school. Rather than focusing on established organizations (sports, CTSO's, etc.), create a mural that celebrates the differences we have and the characteristics we share!

E. The Unscent Project: Place a comment box on campus, asking for students to submit anonymous compliments and/or thank-you messages to other students. After collecting enough submissions, post the notes on a large piece of poster paper for all to see. This can be done each month and can even stretch online, encouraging students to be more vocal about their appreciation of one another.

5. "You're a part of something special here."

A. I'm here for _____: Instead of the same old spirit shirts, switch things up and make them personal. Placing your usual logo on the front, instruct your printer to place a large white space on the back of the shirt under the phrase "I'm here to support..." Student leaders can stand by doors of events and hand out fabric markers for students to use in making sure everyone is recognized.

B. My Away Jersey: Before the biggest game of each sports season, challenge athletes on campus to loan their away jersey to a favorite teacher on campus. Students should stand in front of their class, express why they appreciate their teacher, and hand it out in an act everyone can be proud of. Teachers can then support their student by wearing the jersey to the game that evening!

C. Going Away Party: Organizing a "send-off" for sports teams during playoff season is common, but why not celebrate other students the same way? Before their next conference or competition, organize a small but meaningful celebration for deserving clubs on campus. You'll be stunned at just how much your students will appreciate the kind gesture.

D. Nap-Mob: Ever wish you could just take a nap during lunch? We definitely do. Rather than planning another embarrassing lunchtime activity, have your leaders bring blankets and pillows to create a temporary "nap area" on campus!

E. Cafeteria Compassion: With the help of your fellow student leaders, write a bunch of short, kind notes to your cafeteria staff. Rather than handing them out to staff members ourselves, give notes to students who are standing in line during lunch. In addition to paying for their food, each student will be instructed to also give their note to the cafeteria staff member helping them. By the end of lunch, your cafeteria staff will be overwhelmed with the compassion they deserve!