



#ICANHELP GET YOU REJUICED

Kim Karr

Excelsior Middle School

#icanhelp co-founder

kimkarr13@gmail.com

icanhelpdeletenegativity@gmail.com

www.icanhelpdeletenegativity.org

◆ **Send Me Help:** Have students write down on a piece of paper what they need advice about. You can have it relate to whatever issue you are having in your class. Students then fold their paper into a paper airplane. Line students up to throw their airplanes at the same time. It is really cool if they are able to throw it off a higher location. All students go get an airplane and give their best advice to that person's issue. They then read them out loud to a group and read their response to the person. Have a few students share out to the class. Ask students to make their plane even better than before. Adding something to it and then students throw the planes again. Share out on the new plane they get.

- ♥ Do we sometimes need advice from other people? When?
- ♥ Who gives you good advice?
- ♥ What makes it so hard for us to act like someone else?
- ♥ How can comparing ourselves to others slow down our own personal growth?
- ♥ Do we sometimes not ask for help? Why?
- ♥ Why did I ask you to refold your plane and make it fly again? Do we sometimes have to help people refold themselves or try something again? How?

🧐 Challenge: Ask someone for help with something you have been afraid to ask before.

◆ **Anthem:** Select 1 girl & 1 guy that will sing a song in front of the class that everyone can relate to.

Example: *Firework, Respect, We Are Never Getting Back Together, Back in Black, Don't Stop Believing*

- Next round each contestant tries to select a song that will encourage others to join in the song with them.

- Trying to get the MOST people to join them on the song.

- ♥ How did it feel to sing it solo? Sound Like?
- ♥ How did it feel to sing as a group? Sound like?
- ♥ We are more powerful together, why don't we join forces more often, instead of making someone walk alone?

🧐 Challenge: Call someone and sing your favorite song to them!



@icanhelpdeletenegativity



@icanhelpdeletenegativity



@icanhelp



icanhelpdeletenegativity



icanhelpdeletenegativity.org



◆ **Bus Stop:** Place two lines down to create a bus for everyone to fit in. Pick a side of which answer you choose. Once everyone picks an answer then have them get back on the bus to ask the next choices.
★ Oldest/Only Child vs. Middle/Youngest ★ Spending vs. Saving ★ Parents together vs. Parents not together ★ Made fun of your looks, race, religion, or gender vs Never been made fun of ★ Single vs. In Relationship

Each time students go to their side on the bus stop. They partner up and talk about the pros & cons of their side.

♥ Was it easier to come up with the pros or cons?

♥ What did you notice about one side's pros & cons compared to the other side's?

♥ No matter what situation you are in there are going to be pros and cons. It's what you do with it that matters!

😊 Challenge: Tell a friend about a lesson you learned the hard way but made you who you are today.

◆ **Power of a Compliment:** Students create 4 squares of paper out of a piece of paper.

1. Write why you appreciate someone in the class.

Students then turn in the letters to you with their name on it and who they appreciate & why.

Students will be in a small group of 4-6.

Mix up the letters and have 1 person from each group come get a letter for each group member.

Each person takes turns reading a letter out loud.

Once everyone is finished then they will go give their letter to the person it was written about & will either give them a high five hug or a hug.

2. Write who you are thankful for in the class and why.

Same procedure as before.

3. Write about why someone in the class is a good friend.

Same procedure as before.

4. Write about how someone has helped you in the class.

Same procedure as before.

♥ How did it feel to give someone a compliment that wasn't from you?

♥ What was it like to read other people's compliments?

♥ Was it more powerful to give or get a compliment? Why?

♥ Do we sometimes have a hard time accepting compliments? Can you give an example?

(i.e. I really like your hair! - I really hate how curly it is)

😊 Challenge: Write a compliment to yourself. Hold onto it for a month before giving it back.



@icanhelpdeletenegativity



@icanhelpdeletenegativity



@icanhelp



icanhelpdeletenegativity



icanhelpdeletenegativity.org



◆ **The Oscar Goes To:** Students pair up with a partner and will act out the scenario given to their partner. Students start off back to back until told action. Both partners will act to the same scenario to each other.

- The person behind you stole your food that you saved because you knew it was going to be a long day.
End Scene - Partners go back to back waiting for next scenario.
- The person behind you knew you were going to have a long day so brought you some food.
End Scene - Partners high five 4 people & get a new partner. Go back to back.
- The person behind you was talking smack about your family. (repeat same as before)
- The person behind you brought back your lost family dog. (switch partners)
- The person behind you cheated on you.
- The person behind you rang your doorbell and you haven't seen them in years.
 - ♥ What did you notice about the 2 different scenarios with each partner. (one positive - one negative)
 - ♥ How did people treat you on the 1st scenario? How did they treat you on the 2nd scenario?
 - ♥ Which one felt better? Do we sometimes overreact to things in our life? How?
 - ♥ Why not try to overreact to the positive stuff in our lives more?

😊 Challenge: Take a picture with a friend who has your back and give them a shout out on your social media site.

◆ **Agree or Disagree:** Make a statement such as the following: "A women should be President of the United States." Give the students a moment to think about the statement and to consider to what degree they believe it to be true. Ask them to go, on your signal, to the corner of agree or disagree coinciding with their belief.

- ★ People are on their phones too much
- ★ I am on my phone way too much
- ★ Adults over share on social media
- ★ It is ok to tease your friends on social media
- ★ I post way too much
- ★ People should go to bed with their phones
- ★ Confession pages are entertaining

😊 Challenge: Try answering the same questions from an adult's perspective or a 1st grader's perspective.



@icanhelpdeletenegativity



@icanhelpdeletenegativity



@icanhelp



icanhelpdeletenegativity



icanhelpdeletenegativity.org