

HOME CHALLENGES

Power of Positivity Gratitude Jar **Copy for School Health Facilitators/Champions**

The *Power of Positivity* home challenge encourages students and their families to reflect on the things in their lives that they are grateful for.

Get staff onboard to encourage their students in the challenge by offering to reward participating classes with a healthy celebration (e.g., extra recess or physical education time, class dance party, or healthy food celebration). Consider running this challenge as a schoolwide event to see how many families participate.

Please send out the attached email copy to school staff explaining how to facilitate this activity for their students. Each student will require the instruction/activity sheet for parents that needs to be filled out for two weeks (attached).

Email for SHF/SHC to send to staff

Please personalize as you see fit.

Hello **(School name)** staff,

The *Power of Positivity* home challenge was designed to encourage families to reflect on the things in their lives that they are grateful for. The objective is to challenge families to fill their gratitude with things that they are grateful for.

All you need to do is:

1. Read through the home challenge parent instructions/activity sheet to get familiar with it.
2. Explain the activity to students and give them each a parent instruction/activity sheet to take home.
3. Remind students to participate throughout the two weeks and have fun with the challenge.

If you distribute the materials on a Monday, then students should return their gratitude jar two Mondays from then, overflowing with gratitude.

At the end of the challenge, collect completed and initialed BINGO sheets from your students. Encourage participation – if more than half the students in your class take part in this initiative by returning their signed form to you, the class will be rewarded with (extra recess time, dance party, healthy food celebration).

And remember to have fun!