ENCOURAGEMENT STRATEGIES

The following are strategies for all grade levels.

The Book

Goal: To give an analogy to open discussion about respect

Leader: Present a small paperback book in good condition.

Ask: "What makes a book valuable?" Allow discussion. Then begin to abuse the book - wrinkle pages, step on it, fold down corners, call the book stupid, and finally, toss it aside.

Ask: "How did I show disrespect for this book?" Allow discussion. Consider using brief pair/share after asking question.

State: "Disrespect is abuse. Respect is an attitude of acceptance and inclusion.

Recite Expectation 1. We will value one another as unique and special individuals.

Pair Share

1. If students are seated on floor: Designate 'elbow buddies'.

2. If students are seated at tables: Assign table partners.

3. If students are standing: Have students walk around and on a designated signal, find a partner near them. Those students without a partner raise their hands and find one. If necessary there may be three in a group.

4. Have pairs share with each other, then with other pairs, other teams, or the entire group.

Just Say, "Hi!"

First Five: Plan so that every student is greeted five times before entering their classroom. Station staff or students at bus stop, doorways, hallways to just say, "Hi!"
Just Say, "Hi!" - 30 sec. video

Praise vs Encouragement

Create a Venn diagram comparing and contrasting Praise/Encouragement.

Using the Pair Share Cooperative Learning Structure
Share with a partner or write about:

1. **Someone who has praised/encouraged you.**
2. **How you can praise/encourage others.**

The Magic Triad P.E.N.N.Y.

Praise - Encouragement - Needed - Now -Yes!

Goal: To build an awareness of the difference between praise and encouragement and the need to give both.

Materials:
1 penny for every student **A bowl with lots of pennies**

Optional: Copy of the poem "The P.E.N.N.Y.

Directions: Give every student a penny and explain that it is going to represent a silent way of praising or encouraging someone. Define and brainstorm what praise and encouragement may look like and sound like. With the 'T' Chart activity sheet begin a list of words/phrases. Discuss when it is appropriate to give praise and when to give encouragement. Explain that the pennies are going to be used to give each other praise or encouragement at appropriate times. They may be given with words or silently. Discuss/role play what that will look like.

Extension: Have students journal or draw a picture and write about a time when he/she praised or encouraged someone.

Personal Note: I started off the school year with this activity and gave everyone a roll of pennies. They were always kept handy and it was truly amazing how often there was an occasion to put one on a desk or in a hand, and heartening to see the positive response. Putting one on each desk before the students came in some mornings or having a Student Encourager hand them out after a successful learning session helped us all acquire the habit of noticing the little things others were doing that could use encouragement or praise. The students gave them out to each other, sometimes with a note, a brief comment, or most often without anything being said.

One personal experience stands out during this year of P.E.N.N.Y: Someone was going through a difficult time with some health issues and had just lost a parent. They came to school one morning and there was a large pile of pennies on their desk. No words could have expressed more encouragement than that pile of pennies.

Our Words Model Our Character

Goal: To demonstrate how powerful our words and actions are in modeling our character to others

Materials: Copies of "The Wooden Bowl" or view video via weblink: "The Wooden Bowl"

Directions: Present the story and do a brief Pair Share identifying the moral of the story.

EXTENSION:

Use 'HAND'Y Curriculum p. 1 (poster) and Instructions p.2 to identify the Who, When, Where, What, How of the literature piece.

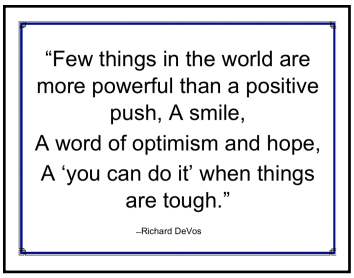
P. D. M. 's

- **Positive Daily Messages - Use this writing activity to give positive feedback and encouragement**
  - **Write about a time when you received or gave praise or encouragement and whether it influenced your actions.**
  - **Write a letter to someone with a PDM note of encouragement.**
  - **Create a PDM to share.**

Positive Post-It Day

Give everyone a stack of Post-Its or small note paper squares/shapes and have them write positive words of encouragement to give out to others.

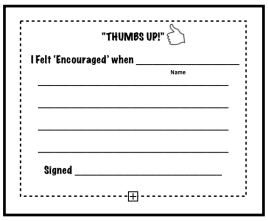
"Encouragement" Recognition



"Few things in the world are more powerful than a positive push, a smile, a word of optimism and hope, a 'you can do it' when things are tough."

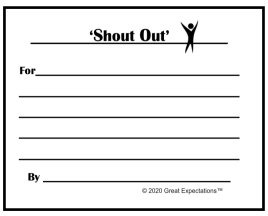
-- Robert M. Devos

Goal: To build an awareness of how encouragement may be given through simple acts.



Materials: Copies of the one of the slips to be filled out to recognize encouragement

a. **"Thumbs Up" Slips**
b. **" Shout Out " Slips to recognize specific life principles or other positive acts or qualities**



Preparation: Prepare a display space or create an online place where the Slips may be posted. If online, take a picture of the completed slip and post. Send to parents if possible.

Directions:

1. **Introduce the concept of encouragement through one of the Encouragement strategies.**
   a. **Definition of encouragement: to inspire with courage, spirit, or hope;**
   b. **Spanish: el ánimo; multiple forms of the word with different meanings**
   c. **Sign language Hand sign for Encourage**

2. **Allow sharing of examples of when encouragement has been noticed or felt.**
3. **Hand out one of the slips and model different examples. Have a specific place where a stack of slips are available for immediate access.**
4. **Set up a procedure for turning them in for teacher approval to be displayed and/or posted.**
5. **Post some of the Quotes for Celebration and use for callbacks and redirection.**
6. **Plan brief breaks during the week when new 'Thumbs Up' Slips are recognized with a celebration of individual's choice.**

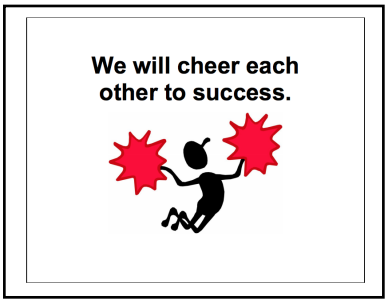
Additional Resources:

- **Pass It On Videos - 30 sec. to 2 min. videos that may be used for brief analysis of what is being communicated in these short clips verbally and/or visually**
  ie Compliments 30 sec.; Just Say, "Hi!" - 30 sec.

- **Expectation Four - Full Resources**

  We will cheer each other to success. (printable poster)

  - **Elementary**
  - **Middle School**
  - **High School**



- **Celebration Task Cards:**
  - **Celebration Cards Set 1-24 - Digital Download**
  - **Celebration Card Set 25-48 - Digital Download**

"Chalk the Walk"

Goal: To provide immediate encouragement as students enter school grounds such as the beginning of school, when testing begins, or a 'Just Because' day.

Materials: Sidewalk Chalk

Preparation:

- **Set a 2 hour period of time the evening before the Sidewalk Encouragement Day.**
- **Select the area to be 'chalked' and create sections if necessary.**
- **Invite participation from parents, community through emails, notes, newsletter, posters, etc.**
- **Have volunteers available to hand out chalk and monitor messages.**

"Cooperative Puzzles"

Materials:
Simple puzzles appropriate for level

Directions:
Create groups of 2-5 students. Distribute one puzzle to each group and divide the number of pieces equally between group members. Process with the students specific ways they could encourage each other.

On 'Go' each group is to work together to complete their puzzle.

Upon completion use Pair Share to summarize how they encouraged each other to do their best.

Create a Treasure Chest of Encouragement (i.e. Decorated shoe box) Give students a half sheet of white paper and instruct them to illustrate or write one way to encourage others. Have each student present their idea and put it in the chest to be drawn when encouragement is needed. Option: Post in designated location for use and reflection as Wall of Encouragement.
Extension: Have each student write on a card the ways they personally would like to receive encouragement. i.e. celebration, private word, etc. Place in a container in a central location, tape to desk, or provide other means of sharing.

The Seven UPS

The Seven Ups Poster - Using the 7-UP theme, this poster gives seven ways to take control of thoughts and behaviors.

Options: Introduce one of the 'Ups' each day and discuss/journal what it should look like, sound like. Have students create and role play scenarios.

The Test of Three

"The Test of Three" story & Poster - A story about Socrates and three questions he asks as a test as to whether to say something. This encourages thoughtful deliberation before speaking.

Diversity Strategies

We're ALL STARS!

'We're ALL Stars' Activity - for grades 3-12) Activity to recognize and affirm individual strengths

- **Star Activity Pattern - Star pattern to be used with lower elementary**
- **How to make a 5 pointed star - How-to-fold a 5 point origami star**
- **How to Make a 5 point star video - 1:17 min.**

This activity has been used successfully with children to adults and requires looking for the strengths in each other. As the participants are given positive feedback from their peers, there is often amazement and encouragement by hearing how others see them.

'Our Personal Best' Poster

Goal: **To recognize talents and abilities that each has to contribute.**

Materials:
2.5 x 2.5" Sticky notes
Poster or large sheet of chart paper

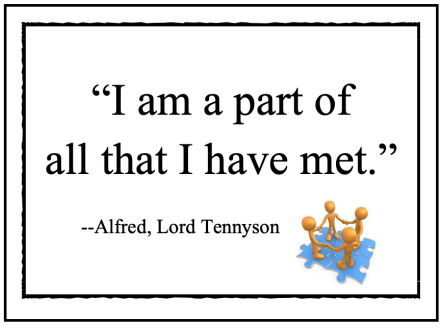
Directions:

Introduction: Read and discuss the story, "Rebellion Against the Stomach"
Distribute a sticky note to every student. As a class or in groups brainstorm potential talents or services they might contribute toward a meaningful project. Have each write their name and a talent or service on their note and post it on the prepared poster. (Time and a pair of helpful hands are significant ones.)
Allow time to share with a partner.
Extension: Plan a Make A Difference Day

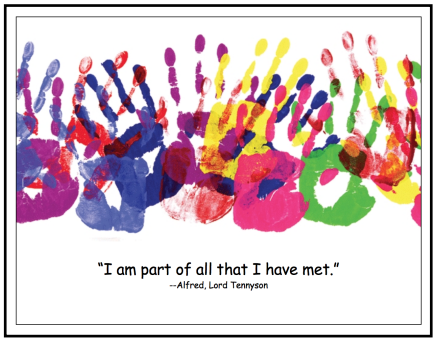
Diversity Sand Activity - Includes section on Suggested Activities. There are also links to music, poetry, vocabulary, and other resources on diversity.

- **Quote:**

"I am a part of all that I have met."
--Alfred, Lord Tennyson



- **Poster: Hands Diversity Quote Poster**



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