



PICKING POSITIVITY

OPTIMAL GRADES: K – 5

be nice. ACTION PLAN focus: notice & empower

MATERIALS: Tree template, apple template, markers, scissors

DIRECTIONS:

Prepare

- Make sure each student has a copy of the tree template and the apple template

Create

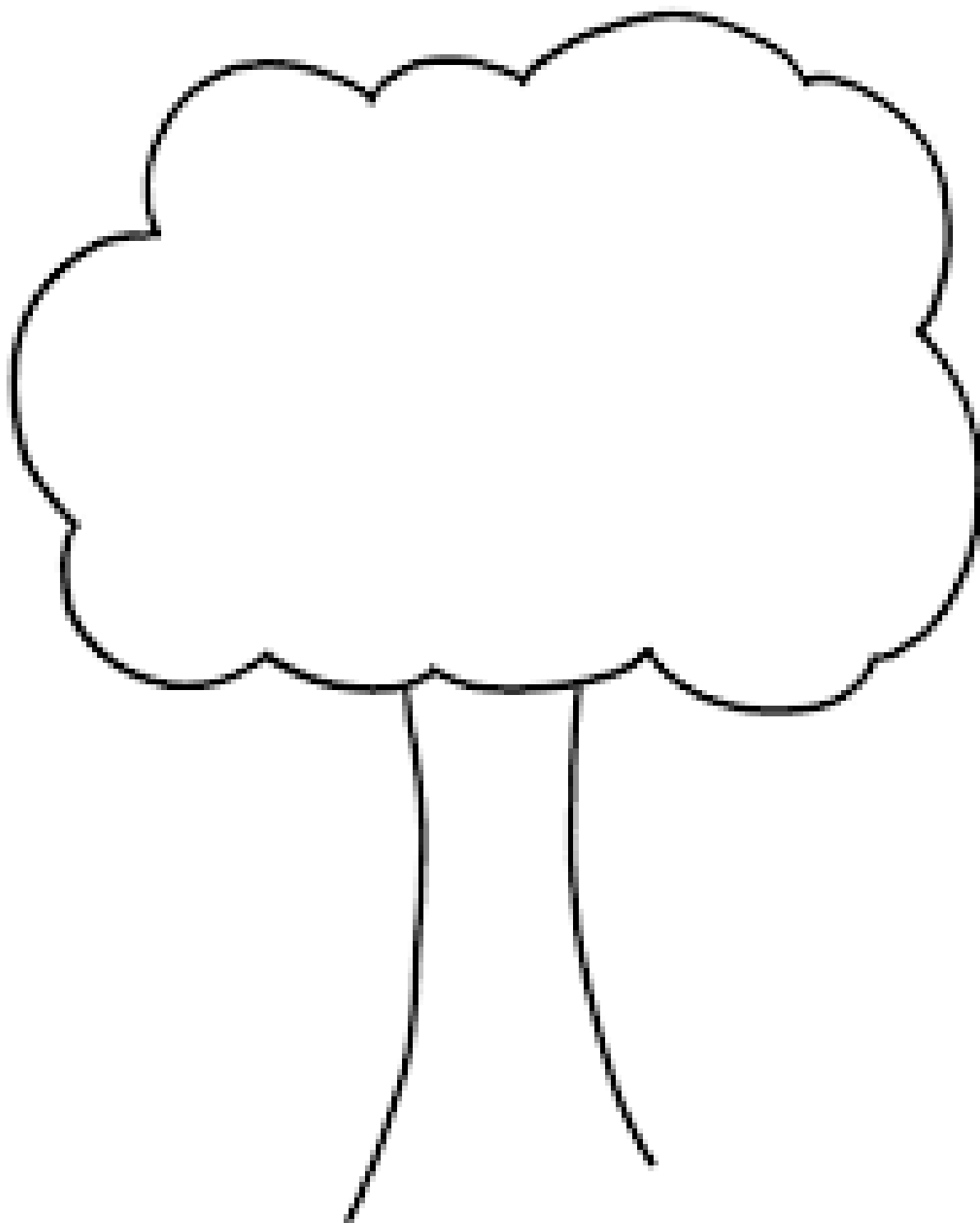
- Have each student write their name on their tree and place the template on their desk
- Either cut and trace the apple template to create more apples, or freehand more apples
- Cut out the apples and, on each one, write a positive affirmation
- Hand out positive affirmations to other students, spreading positivity throughout the classroom!

Reflect

- Think about these questions as you discuss the activity:
 - How did it make you feel to read the positive affirmations that classmates left on your tree?
 - How can you spread positivity in the classroom throughout every day?



be nice.[®]
benice.org



be nice.[®]
benice.org

