

SIMPLE CLASSROOM ACTIVITY IDEAS

1. Weekly Note Habit

Pick one day a week for students to write a note to someone of their choice—friend, teacher, staff member, or family. Great for morning meetings or end-of-day wrap-ups.

2. Classroom Kindness Wall or Box

Set up a spot where students can drop anonymous positive notes about classmates. Read them aloud weekly to build community and kindness.

3. Community Connection Project

Write notes to people in the school or local community—bus drivers, cafeteria workers, librarians, crossing guards, or local service workers. Builds gratitude and empathy.

4. Post Office Skills Practice

Incorporate addressing envelopes and mailing letters into a life skills or writing lesson. Consider pairing with social studies or history (e.g., pen pal exchanges).

Bonus: Notes to Their Future Self – Help students encourage themselves, too! Have them write letters to their future selves about:

- Something they're proud of right now
- Advice for themselves during a tough time
- A goal or dream they're working toward

Seal it in an envelope to open later at the end of the term, after a major project, or before moving to the next grade. This builds reflection skills, patience, and resilience.

TEACHER TIP:

IF YOU NOTICE A STUDENT FEELING DOWN OR DISENGAGED, A QUICK REDIRECT CAN HELP: “WHO’S SOMEONE WE COULD WRITE TO THAT MIGHT NEED A SMILE TODAY?”

HELPING STUDENTS SHIFT FOCUS OUTWARD IS A SIMPLE WAY TO EASE ANXIETY AND REFOCUS ENERGY POSITIVELY.

Final Note for Teachers

This isn't about perfect sentences or polished handwriting. It's about helping kids discover the power of their words to impact others for good. Handwritten notes teach students to slow down, be thoughtful, and practice meaningful connection in a world that's moving faster than ever. No stress, no extra grading—just a simple practice that can strengthen classroom culture, improve social-emotional skills, and make your students better humans, one note at a time.

– Carrie

QUESTIONS TO SPARK KIND NOTES



TEACHERS/PARENTS: USE THESE QUESTIONS TO GUIDE KIDS IN REFLECTING BEFORE THEY WRITE. ENCOURAGE THEM TO SHARE ANSWERS OUT LOUD OR JOT THEM DOWN FIRST.



Kindness I Noticed

What's the nicest thing someone has done for me recently?

Think about small moments too—like when someone held the door, shared a snack, or cheered you up.

Special Qualities

What makes this person unique or fun to be around?

Is it their sense of humor, the way they help others, or something creative they do that inspires you?

Feelings Check

How did their kindness or actions make me feel?

Did it make you feel happy, safe, proud, or more confident? Writing this down helps the person know their impact.

Gratitude Boost

Why do I want to thank or celebrate them?

Maybe they helped with homework, invited you to play, or encouraged you when you were nervous. Gratitude makes people feel valued.

Memory Lane

What's a happy or funny memory we've shared?

Think back to a time you laughed together, solved a problem as a team, or had fun during a special event.

HOW TO USE:

Choose one question as your starting point, then add your own personal touch. Notes don't have to be long; a few kind sentences can mean a lot.

Fill-in-the-Blank Card Template

Dear _____,

Thank you so much for _____.

It made me feel _____.

I really liked it because _____ and It showed me
that you are _____.

You are so _____.

I'm lucky to have you in my life!

From,

P.S. _____

Fill-in-the-Blank Card Template

Dear _____,

Thank you so much for _____.

It made me feel _____.

I really liked it because _____ and It showed me
that you are _____.

You are so _____.

I'm lucky to have you in my life!

From,

P.S. _____

Practice Makes Perfect:

Try Writing an Envelope!



Your Address

Stamp

Recipient Address

TIP:
Don't forget the stamp goes in the top right corner

The envelope template is a large rectangle with a blue border and orange and blue diagonal stripes on the top and bottom edges. It contains three main sections: a box for 'Your Address' in the top left, a box for 'Stamp' in the top right, and a larger box for 'Recipient Address' in the center. A yellow starburst tip is located in the bottom right corner.

Pick 1 and Add Your Own Touch:

**Write your own return address
+ make up a silly one too
(like "123 Pizza Lane").**

Compliment & Phrase Menu

*** When students want to write a kind note, they can borrow one of these. ***
(Pick 1+ Add Your Own)

For My Friend

You always make me laugh when I need it.
I'm glad we're friends. You make school more fun.
You're good at including others.

When You're Kind

I like sitting next to you in class.
You stay really calm when others get upset.
You're always so generous.

Skills & Talents

You're awesome at soccer (or another sport/activity).
You always come up with the best ideas.
You don't give up, and that inspires you.
You have the best taste in music.

Try This

Ask students to circle one they like, then write a new one!