

NAME:

PERIOD:

DATE:

# **A WELLNESS EXPERIMENT**

## **A Wellness That Sticks!!!**

You will get 20 post it notes. Write down 10 different sayings from the approved list only. You have to at least write down 10 different sayings. The rest can be repeats. You need a total of 20 Post It Notes.

Once you have written your sayings on your notes. Then take pictures of 20 Post It Notes.

**WHAT IS YOUR PREDICATION ON HOW THIS CAN CHANGE YOU AND OTHERS  
WITH THIS EXPERIMENT?**

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## **A LOVE THAT STICKS!!!!**

First, identify something about yourself that makes you feel ashamed, insecure, or not good enough. It could be something related to your personality, behavior, abilities, relationships, or any other part of your life.

Once you identify something, write it down and describe how it makes you feel. Sad? Embarrassed? Angry? Be honest with yourself, but only write what is comfortable to be seen by me.

The next step is to write a letter to yourself expressing compassion, understanding, and acceptance for the part of yourself that you dislike.

**As you write, follow these guidelines:**

Imagine that there is someone who loves and accepts you unconditionally for who you are. What would that person say to you about this part of yourself?

Remind yourself that everyone has things about themselves that they don't like, and that no one is without flaws. Think about how many other people in the world are struggling with the same thing that you're struggling with.

In a compassionate way, ask yourself whether there are things that you could do to improve or better cope with this negative aspect. Focus on how constructive changes could make you feel happier, healthier, or more fulfilled, and avoid judging yourself.

After writing the letter, put it down for a little while. Then come back to it later and read it again. It may be especially helpful to read it whenever you're feeling bad about this aspect of yourself, as a reminder to be more self-compassionate.

**TAKE A PICTURE OF YOUR LETTER TO TURN IN**

# Gratitude is an Attitude!!

Most everyone enjoys thanks for a job well done or for a favor done for a friend, and most of us remember to say “thank you” to others. But sometimes our “thank you” is said so casually or quickly that it is nearly meaningless.

In this exercise, you will have the opportunity to express your gratitude in a very thoughtful manner. Think of the people—parents, friends, coaches, teammates, and so on—who have been especially kind to you but whom you have never properly thanked.

Your task is to write a gratitude letter (a letter of thanks) to this individual at school (student or teacher) and deliver it in person. The letter should be specific about what he or she did that affected your life. Make it sing!

It is important that you meet him or her in person. Don’t tell this person, however, about the purpose of this meeting. This exercise is much more fun when it is a surprise to the person you are thanking.

TAKE A PICTURE OF THE LETTER TO TURN IN

# The Selfie Challenge!!!!

**Take a selfie of the following things on this checklist, mark the things off once you’ve completed them.**

- \_\_\_\_ Doing something nice for yourself
- \_\_\_\_ Holding a door open at school for others
- \_\_\_\_ Holding a door open in public for others
- \_\_\_\_ Delivering your letter of gratitude to the person you chose.
- \_\_\_\_ You putting Post It Notes for 10 specific people
- \_\_\_\_ You putting Post It Notes in 10 random places for people to find.



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
LIST THREE THINGS YOU ARE THANKFUL FOR				
WRITE ONE POSITIVE THING ABOUT YOURSELF				

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**WAS YOUR PREDICATION OF THE EXPERIMENT RIGHT OR WRONG? EXPLAIN**

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**LAST.....**

YOU WILL PUT ALL OF THIS EXPERIMENT TOGETHER WITH A SLIDESHOW PRESENTATION.

THE PRESENTATION IS A MAJOR GRADE!

INLCUDE :

First slide, Your name, period, date, and predication of experiment

At least 15 slides

All your selfies, pictures

A summary of reactions observed, your experience during the experiment, and how students responded

Last slide needs to be a summary of your conclusion and how this experiment impacted you and others.