

Take What You Need



Why?

This bulletin board is an easy way to support your school community by providing them with encouraging words, compliments, pieces of advice, and more!

How To:

- As a group, decide on a handful of categories to use for your "Take What You Need" bulletin board.
 - Ex: "kindness", "love", "calm", "a smile", "encouragement", etc.
- Pick about 5-7 categories and write the name of each category onto an envelope and assign people to each category.
- Then in each envelope add 10-15 notes that pertain to the category. They can be short and sweet or more lengthy if needed!
 - Ex: For the encouragement envelope you can write a note that says "You got this!"
- Once you have written all the notes and placed them in their respective envelopes, attach the envelopes to a bulletin board in your school hallway. Be sure to ask permission!
- If you can't take over a full bulletin board, maybe buy a small cork board that you can place in the cafeteria at lunch or at a BC2M tabling event.

Materials

- Envelopes, note cards, pens, or markers
- Bulletin board or corkboard and stapler

Time

- Creating the bulletin board will take 30-60 minutes depending on how many people you have in your club and how short/long you want to make the notes.

Example



Adding a "Give What You Can Section"



If your club wants to add a "Give What You Can" section, you definitely can!

- Potential categories:
 - Random Act of Kindness
 - Positive Affirmations
- Materials:
 - Envelope with blank note cards
 - Pens for writing notes
 - Envelope with a category for them to put their finished note in!