

Compliment launchpad

Kaiako card 14

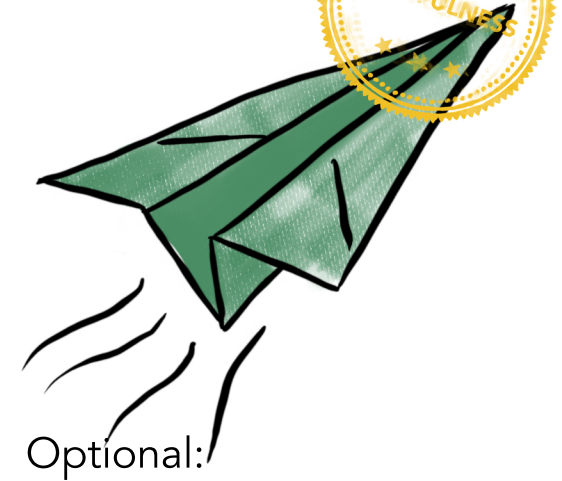


Why this activity?

Sometimes we go through patches of being really focused on the negative, and for tamariki this can be certain times of the day, like the lunch break. This is about changing that habit that tamariki begin to view their peers more kindly and positively.

You'll need

- Some post-it notes and a container to hold these (an ice-cream container would do the trick), paper to make paper aeroplanes or a tablet or shared platform device.
- Before you start too, have a look at the YouTube clip - Hardwiring happiness: Dr. Rick Hanson at TEDxMarin 2013



What to do:

Kōrero with your tamariki about the negativity bias and what you've learned from Rick Hanson's video: Each day before lunchtime this week remind tamariki to actively look for what's kind, good and right during their break. Then when they return practise the activity in Rick Hanson's video:

- Think about a good or kind thing that someone did at lunchtime or even before
- Conjure up how this made you feel - staying positive (enriching it)
- Stay in that feeling for a count of 5, to give time for your tamariki to 'absorb' the positive experience.

You might want to just develop this habit, without taking this activity any further.

Or you could also: ask tamariki to write, record or draw the thing they noticed collecting these on small pieces of paper and posting them in the container or via iPads/shared platforms. Then on Friday transfer onto one sheet of paper adding the name of the person who did the kind things. Give one out to each ākonga for them to turn into a paper aeroplane(use a You Tube clip or following a peer).

Head outside with the aim to get the aeroplanes landing with their owner! This could be as a large circle taking turns or just go for it! The chaos won't matter!

Tamariki can then sit and read their compliment notes on their aeroplanes.

Optional:

- Gather tamariki back into a circle and ask them to share one thing from a dart.
- Ask them how good thing has made them feel
- Discuss noticing good things at lunchtimes and how this has made their break times feel.

Whānau engagement

Take photos or video the paper aeroplane being sent and the reactions. Send information home about the power of counteracting our negativity bias and how we can try looking for 5 positive interactions to 1 corrective interaction with tamariki.