

Locker Notes

PURPOSE //

- Writing down inspirational quotes or our favorite quotes can help motivate us and create a positive outlook on our daily lives
- Reframing our brains to think positively is essential to having good mental health, and a happy and successful life

OBJECTIVE //

- Promote positive thinking
- Motivate students

INSTRUCTIONS //

Materials

- Sticky notes or index cards
- Markers or Pens
- Tape

Application

- Apply the Locker notes on lockers

Assembly

1. Have students write down their favorite quotes and/or inspirational and positive notes.

Let us know how the activity goes!

We'd love to hear from you or receive pictures or tag us on social media:



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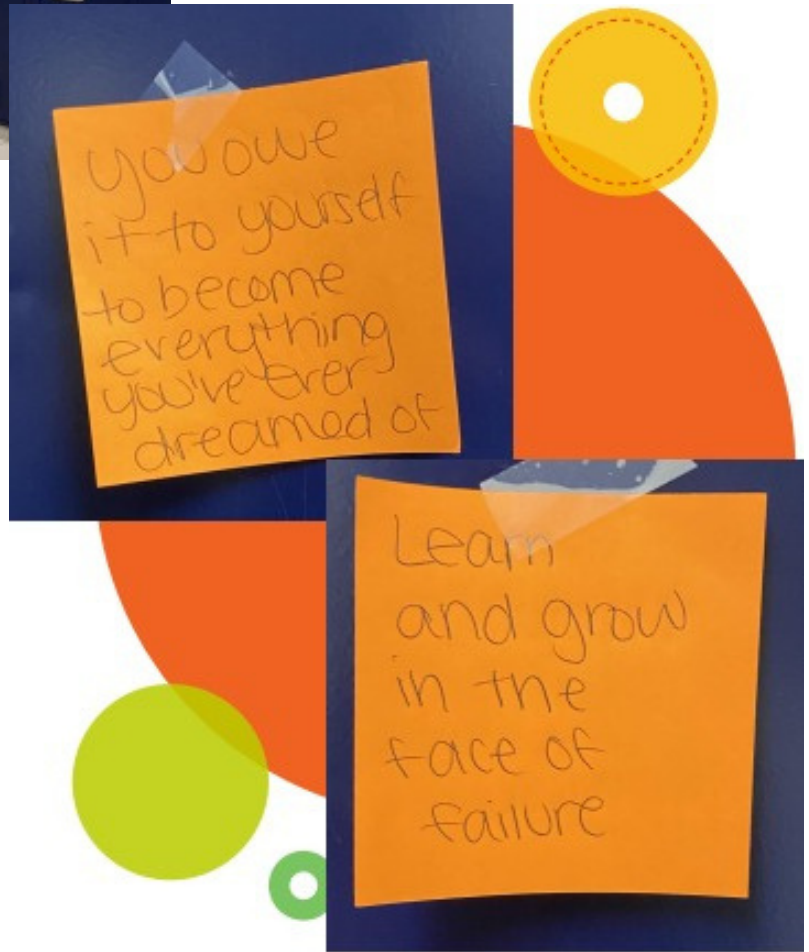


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Contact Nathalia@ErikasLighthouse.org for more information



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