

# Post - it Forward

KS1  
KS2

## Role of the Inspirator

- All the children are Inspirators
- Children talk calmly, listen to their partner, give eye contact and high five each other saying "Thank you!" before moving to find a new partner.

## What you need

- Post - it notes
- A3 paper (with an outline of a human body on) one for each child
- Some children
- A classroom



## What you do

This is a great activity combining movement and discussion, encouraging all children to recognise and reflect on their own and peers' positive qualities.

Pin up around the room the bodies on A3 paper (there should be one for each child with their name on). Give each child several blank Post - it notes. On the word "Go!" the children move around the class until the teacher calls out, "buddy up". At this point the

children find a buddy and must then write on the Post - it, 'You matter because...' and complete the sentence about their partner. They then take it in turns to stick it to the chest of their buddy whilst repeating the sentence to them. To finish, they high five each other and say, "Thank you!" Once this is done they move around the class until the teacher once again calls out, "buddy up". The children must then find a *different* partner and repeat the activity using a new blank

Post - it. This process is repeated until each child has been given lots of different, 'You matter because...' statements. At the end of the activity all the children move to their pinned up body and stick the Post - it notes they have been given around it.

KS1 children may wish to write one positive word about their buddy or give verbal compliments rather than written.

## Tips & Tricks

- After the activity, instruct the children to take their pieces of paper to their tables for some reflection time. They must silently absorb all the 'You matter' statements and think of answers to questions such as: Which one surprised you and why? Which one pleased you the most and why?
- Use music as a cue for children to move around the class and stop to find a partner. 'Firework' by Katy Perry or the calmer alternative, 'What a Wonderful World' by Louis Armstrong are nice ones to use.
- Introduce physical actions for the children to carry out as they move e.g. alternate high and low fives.

## Why not link it to...

- Word classes
- Adding or subtracting 2 or 3 digit numbers
- Naming facts on religious figures, places of worship or stories
- The choice is yours!



If you aspire to inspire children  
then treat them as inspirational