

Bounce Back Butterflies

Activity

Resource: Ideas for Action

Grade(s): 1 2 3 4 5 6 7 8 9 10 11 12

What Is it All About?

Students anonymously create and share Butterflies with caring and kind words written on them to brighten a classmate's day.

Why Do It?

Help spread some joy by anonymously sharing kind thoughts throughout the school. Leave your classmates feeling good and put a smile on your face too!

How Do We Do It?

Cut out numerous paper butterfly shapes, or else small pieces of paper with a butterfly images on them.

Provide the paper butterflies to students.

Students write generic kind messages on them, applicable to all students.

Place all Bounce Back Butterflies in a container and have students each draw one out.

What Else Do We Need?

- Butterfly cut outs, or images of butterflies

- Containers
- Writing utensils

How Do We Get Creative?

Have students create Butterflies for school volunteers and members of the community.

Trade Butterflies with another school, including a nearby feeder school welcoming future grade 8s.

Read Butterflies over the morning announcements.

Create a video of students sending and receiving Butterflies to share online.

Adapted from: Bounce Back ... Again, 2nd Edition. Retrieved from

https://phecanada.ca/sites/default/files/content/docs/teach-resiliency/bounce%20back%20booklet%202014%20web.pdf/sites/default/files/content/docs/teach-resiliency/bounce%20back%20booklet%202014%20web_0.pdf