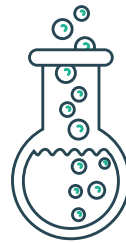


Experiment with kindness....

# SECRET PALS



Feeling a sense of community can foster wellness in the workplace. Organize a simple school-wide exchange of kindness to create staff connections. Here's how:

**Hypothesis:** Kindness will spread and boost staff morale!

**Materials:** 1 selfless organizer, email, 1 sheet of paper, 1 paper bag.

## Procedure:

- Identify a volunteer to run the program.
- Create a message setting the guidelines or use the attached version.
- Send the message to the entire staff with a Google doc for participant preferences, attached as well.
- Designate one person as “the organizer,” who will not have Secret Pal.
- Collect names and preferences of participants via email.
- Write names and place them in a paper bag. Print preference pages and put them in a manila envelope.
- Visit participants with a smile and ask them to:
  - Draw a name from the paper bag.
  - Select that person's preference sheet from the envelope.
  - Email “the organizer” the name of their gift recipient.
- The organizer makes a chart of 2 columns: (1) Secret Pals (2) Gift recipients for reference (email reminder may be required).
- Let the surprises and FUN begin!
- Host a breakfast for participants to unveil their Secret Pal. Consider recognizing the organizer with a little treat.

LET'S EXPERIMENT WITH A LITTLE KINDNESS....

# SECRET PALS

Participate in a school-wide gift exchange.  
(up to \$10/month)

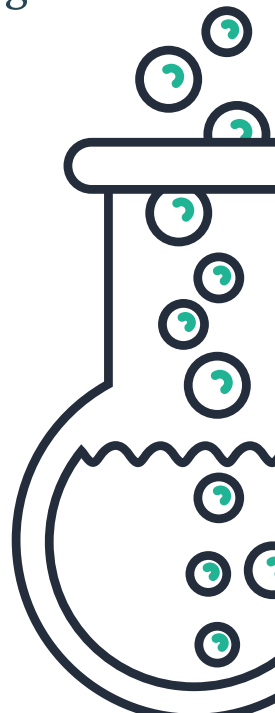
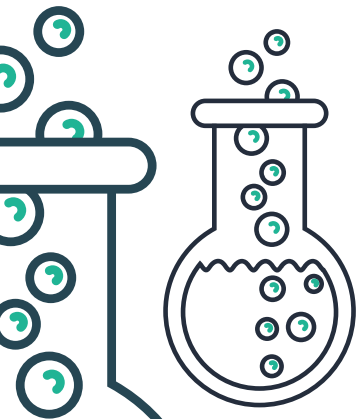
**Hypothesis:** Acts of kindness will brighten your day!

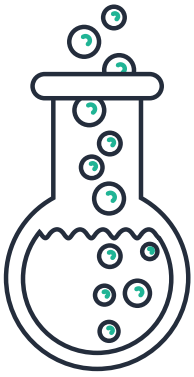
**Materials:** \$10 per month and the desire to make someone's day.

## **Procedure:**

- Reply to the email that you are interested in participating by \_\_\_\_\_.
- Complete a preference sheet to guide your Secret Pal (see attached).
- As a Secret Pal, you will be asked to randomly pick the name of your gift recipient. Then you will receive a copy of their preference sheet.
- Have fun secretly surprising your person every month through the end of the school year.

We can also look forward to a staff breakfast  
where our Secret Pals will reveal  
themselves!!





**Kindness experiment**

# **SECRET PAL PREFERENCES**

**Let your Secret Pal get to know you a bit better  
by sharing the following...**

**Name:**

**Home address (optional):**

**Favorite food treats:**

**Interests:**

**Sources of inspiration:**

**Other ideas/information:**

**Remember 1 secret surprise per month (about \$10)**

**Smile & Have FUN!!**

