

You Can Do It Cards

You Can Do It Cards are a card/letter of encouragement to younger students at the beginning of the school year. You might choose a class/grade in your own school or another school. Great options are students who have a big transition, like fifth graders who change classes for the first time or new middle schoolers. Cards have a message of encouragement from someone who has been through this transition (YOU!). And you can decorate the cards/letters as well.

- **Areas of Care:** Kindness, Inclusion, Mental Health
- **Time:** 1-2 hrs preparation; 1-2 hrs execution
- **Sample materials:** paper or cards, markers, colored pencils, stencils, stickers.
- **Credit:** Multiplying Good, inspired by TikTok teacher who did a similar project with students before testing
- **Photo:** Warehouse RISE youth in Wilmington, DE



1. **Investigate:** Choose a group of students to make cards for and get permission. Who would benefit from these cards? What groups do you have connections to?
2. **Prepare:** Decide on the message, timeline, gather materials, and create a plan
 - How many cards can you make? For example, are the 10 people on your team able to each make 3 cards so that everyone in Mrs. Smith's 3rd grade class gets one? Or maybe your team can recruit more volunteers and you can make cards for all 120 students in the 3rd grade classes?
 - Will you write generic cards to anyone in the third grade? Or will Billy on your team write a card addressed to Jamie in Mrs. Smith's class?
 - How will you deliver the cards? Will your whole team deliver, a few representatives, or will someone drop them off? (Pro tip: Go for the biggest impact possible.)
3. **Execute:** Write, decorate, and deliver the cards!
4. **Reflect:**
 - *Debrief:* As a team, spend 15 minutes discussing how the project went (highs, lows, things you would change).

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- *Reflect:* What was the impact on the people who received the cards? What was the impact on you and your teammates? What did you learn (about yourselves, your community)? What leadership skills did you use/improve?

5. Share:

- Report your impact. Think about the number of people served and the impact on the beneficiaries. Also, gather quotes and stories when possible.
- Share: Tell others about your project and the impact made, through social media and your school channels, etc.