

Say Something Nice Day

Actual Holiday: June 1

First Celebrated: 2006



Introduction

Think about the last time someone was nice to you. Did it lift your spirits? Did it inspire you to be nice to someone else? Being nice is meaningful to both the receiver and the giver! Mayor Keith Summey of South Carolina agrees. In 2006, he proclaimed June 1 as Say Something Nice Day. He was inspired by Dr. Mitch Carnell, a communication specialist who wrote a book called *Say Something Nice: Be a Lifter at Work*. Since then, people have celebrated the day by spreading kindness to everyone they meet. Celebrate this day in your classroom by reminding students of the power of kindness and encouraging them to spread some kindness of their own.

Materials

- *Nice Notes* activity sheet (page 37)
- art supplies
- scissors

The Activity

- Tell students about a time when someone was nice to you. Maybe someone let you into their lane in traffic or a stranger paid for your coffee. Talk to them about how it made you feel when unexpected niceness came your way. Tell them that today they will be celebrating Say Something Nice Day by writing nice notes to people in their lives.
- Ask students to share moments when others were nice to them. Examples could be as simple as getting a compliment or as involved as being helped to write a science report. Brainstorm other situations and write them on the board.
- Discuss how being nice makes you feel. You may need to prompt students with questions such as these: Does being nice make you feel better about yourself? Does it make you want to be nice to others? Get them to think through their answers by asking “why?” as a follow up. Explain that being nice can be very meaningful, especially when it’s unexpected.
- Tell students that they will be writing four “nice notes” to people in their lives. These could be given to another student in class, the mail-delivery person, a grandparent, or anyone else they can think of.
- Distribute the *Nice Notes* activity sheet to students. Ask students to fill out, decorate, and cut out each nice note.
- Tell students to pass out their nice notes to their recipients and then return to class the following day to share their experiences. How did the person react? Did they do something nice in return? How did this activity make students feel? Do they feel inspired to write more nice notes in the future?



Name: _____

Nice Notes

I hope this makes your day!

This is a nice note for

Here's what I have to say:

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