

Grade 8 – Challenge #3

Spread Positive Gossip

Positive gossip can completely change the nature of your relationships. When you spread positive gossip those around you start to see their strengths and mini-successes through your eyes, which contributes to their self-confidence and self-worth. Positive gossip helps those closest to you build upon their strengths, gain momentum toward their goals, and recognize and utilize their strengths.

Also, the people in your life will most likely start to see you differently if you're spreading positive gossip. You become the leader of creating a completely different, rewarding environment of support, trust, and cheerleading each other. You may even notice those closest to you beginning to talk about your successes and strengths as well.

Be on the lookout for people's successes, triumphs, admirable qualities, and healthy habits or behaviors. Look for hidden moments of delight, uncover bright spots and pull the sheet off all the sparkling moments those closest to you have each day.


Start asking yourself questions like:

- What's one good thing about this person?
- What quality about this person or their actions do I appreciate?
- What do I admire about this person?
- What success have I seen this person have today?

After you begin to notice these small successes and positives, start to tell people about it. "Hey did you hear that Joe got an A on his test? That was a hard test; he must have study so hard. I'm impressed!" Begin promoting what you like and admire about other people, what's working for them, and the strengths of those closest to you today.

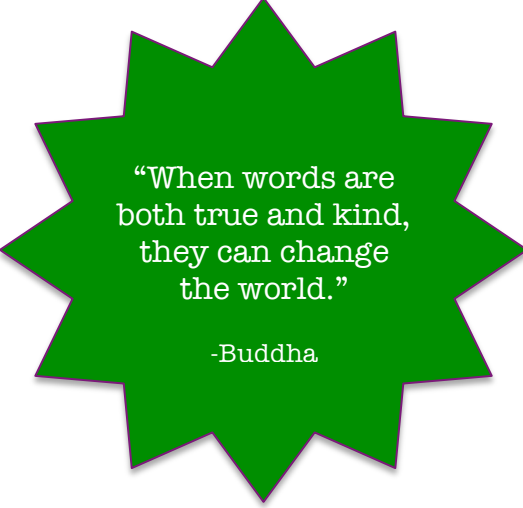
Spreading positive gossip involves little small acts of kindness that can have ripple effects throughout all areas of your life. Each little recognition and telling of other's successes and strengths can create a new reality and direction for your life.

Remember that the stories we tell and re-tell about ourselves and other's shape and become our reality. Spreading positive gossip is an amazingly good communication skill that can improve all of your relationships.



"Kind words can be short and easy to speak but their echoes are truly endless."

-Mother Teresa



"When words are both true and kind, they can change the world."

-Buddha

Spread Positive Gossip

The term gossip tends to have a negative connotation; however, not all gossip is bad. It's just as easy to tell someone something nice about person as it is to tell them something not so nice. Take a moment to think about what positive gossip you could spread about the following people.

A Parent/ Guardian	
A Sibling	
A Friend	
A Current Teacher	
A Former Teacher	
One of Your Mini- Team Leaders	

Make a promise to yourself that you share at least two of the positive observations with the person about whom you wrote them.

Activity – What I Like About You



PURPOSE

This activity will allow students to say nice things about each other and to hear the nice things their classmates have to say about them.

MATERIALS

1. A piece of paper for each student
2. A pencil or pen

PROCEDURE

1. Circle up the desks in your classroom.
2. Give each student a piece of paper and tell them to write their name on the top.
3. On the first “GO,” students pass their paper to the left.
4. Students then write one nice thing about the person whose name is at the top of the page. Tell them to try to be specific and original; they shouldn’t copy what the person before them wrote. You may need to give them some ideas (*I really like the way you dress; You are always so nice to everyone; I like the fact that you're not afraid to show how smart you are, etc...*) Students should not pass their paper again until you say, “GO!” Give them each about 30 seconds to write on each page. (Feel free to shorten or extend that time if you think they need it.)
5. Remind students that they should not write anything that might hurt someone’s feelings. Also tell them that you will be reading all the comments. Ask the students to privately report to you any inappropriate comments they see on a page.
6. Once each student’s paper is with the person immediately to their right, (or before then if you run out of time) collect the papers. Do not allow the students to get their papers back immediately as we want to be sure that noting inappropriate is written about anyone. Take a moment to look through what is written on the sheets to be sure there is nothing that might hurt someone’s feelings. If you don’t have time to read through the sheets, feel free to bring them down to Ms. Mazzola to read. If the comments are all positive, hand each person their sheet sometime the following week in homeroom.

If there is time, have a follow up discussion about the activity.

- How did you feel as you were writing nice things about your classmates?
- How do you feel about reading what other people wrote about you?
- Can you make a goal to say one of these nice things to another student within the next week?