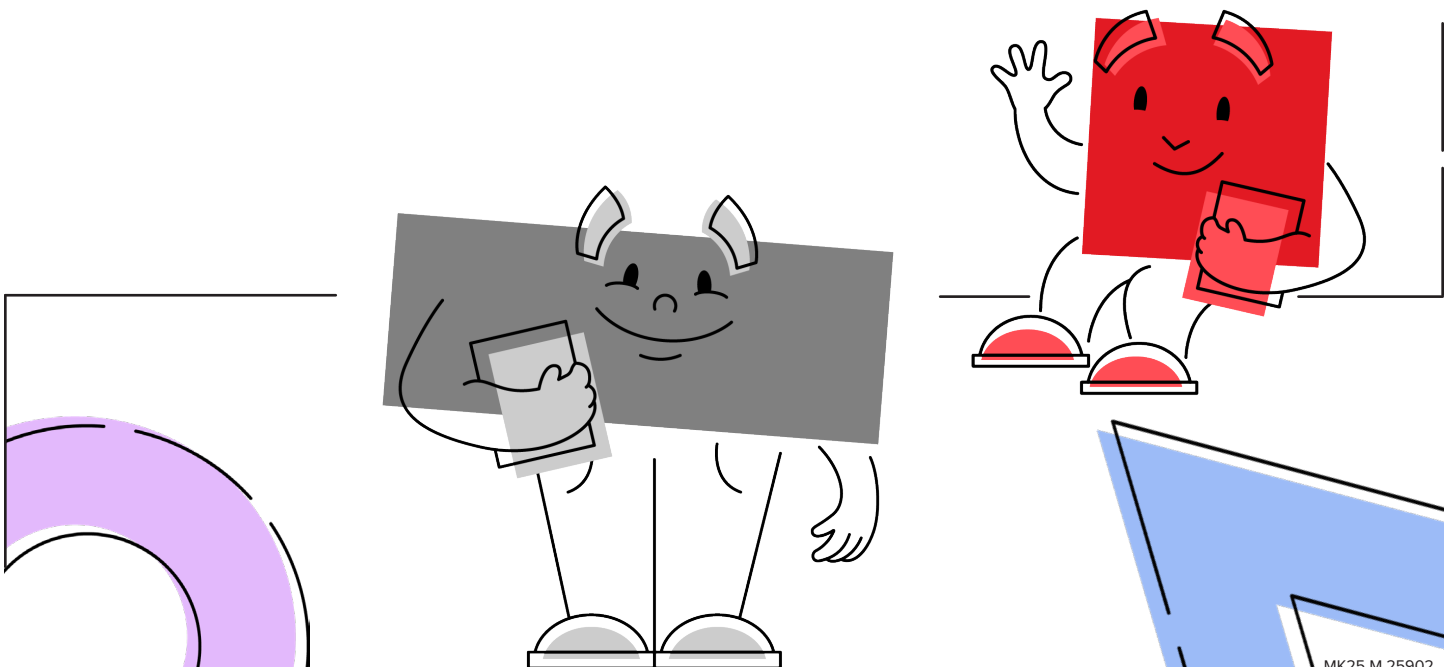


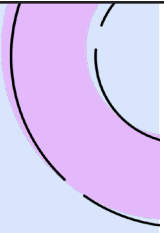
Pay It Forward Cards

Grades 6–8

Instructions for Teachers:

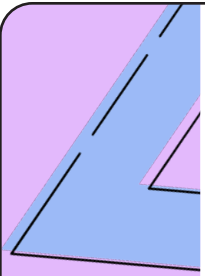
- Print, cut, and distribute these Pay It Forward cards in your class or school.
- When a student or community member completes the task on the card, they should pass the card to another person, who should then complete the task and pass it on, too.
- Optional: Ask students to come up with their own scenarios to add to the deck.





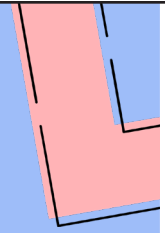
Gratitude Giver

Think of three things you're grateful for. For at least one of those things, thank the people who help make it possible. For example, if you are grateful to take part in sports, thank your coach for teaching you or your teammates for supporting you.



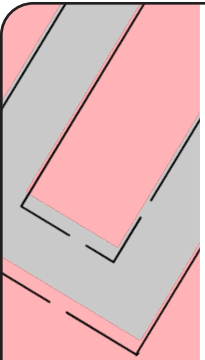
Kindness Radar

Imagine you have an internal "kindness radar," and look for five people who deserve a genuine compliment today. Focus on something specific and unique to them, such as how they explained something clearly, stayed calm under pressure, or made someone laugh. Offer your compliment in person, write it down, or leave it anonymously. See if you can go a whole week noticing the good in others.



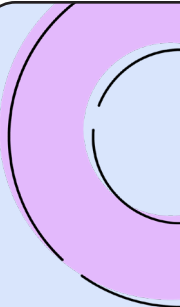
Secret Earth Mission

Your mission, should you choose to accept it: complete a stealthy act of kindness for the Earth. For example, try picking up trash without being asked, turning off lights in an empty room or rescuing a nearly-dead plant. Try to do these secretly and leave no trace except a cleaner, calmer, greener space. Then pass this card on to someone else.



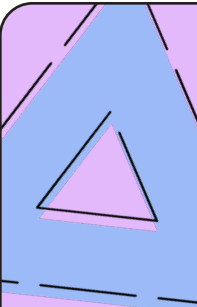
Lunch Swap

Swap seats at lunch and ask to eat with someone new or someone who may often eat alone. If they say yes, ask them about their interests and try to learn something new about them. Pass this card to someone else who might be brave enough to do the same.



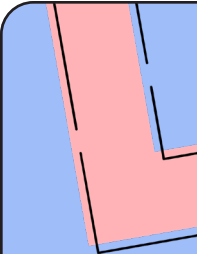
Skill Share

Keep your eye out to see if you notice someone struggling with something that you can easily do. For example, you might observe someone having trouble with a math problem that you completed. Try offering to work together with that person. Even if they don't say yes, they will remember your kind gesture! Then pass this card to someone else.



Talent Scout

Notice someone's hidden talent (drawing, coding, storytelling, organizing) and tell them you see it. Most people don't realize others notice their strengths. Your words might be the boost they need!



Playlist of Positivity

Create a public playlist titled "Feel Good Vibes" or "Power-Up Playlist" and share it with friends or classmates who might enjoy it. Include music with a positive message.



