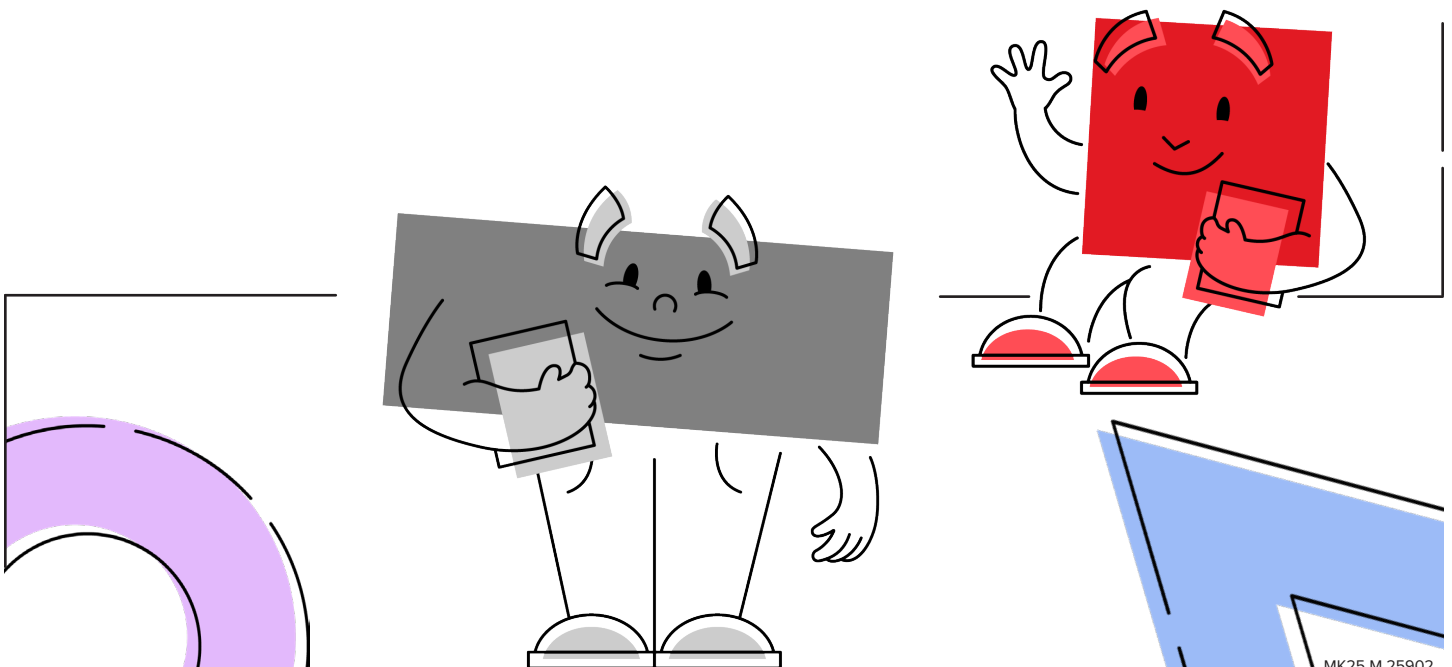


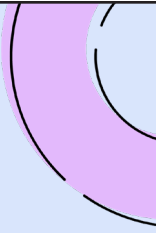
Pay It Forward Cards

Grades 9–12

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.





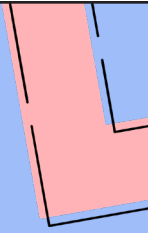
Ripple Report

Find a peer who once helped or inspired you, even if it was something small or a long time ago. Write them a note or tell them face-to-face how their words or actions affected you. Then, encourage them to “ripple” that impact forward to someone else, or pass this card to another person.



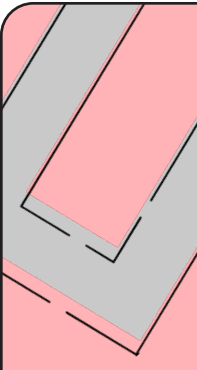
Post-It Positivity Raid

Grab a stack of sticky notes and go on a mission: leave anonymous, sincere, and creative notes around the school: on lockers, bathroom mirrors, water fountains or textbooks. Think beyond “You’re awesome” to things that you would need to hear on a hard day.



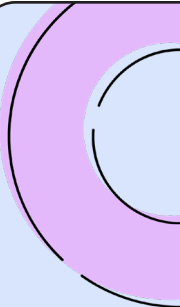
In Their Shoes

Ask someone you don’t usually talk to about their day or how they’re feeling about something (school, the future, etc.). Just listen. Ask follow-up questions, but don’t jump in with advice. Sometimes kindness is just making space for someone to be heard.



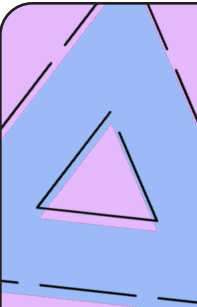
Club Connector

Help someone find a place to belong. If you know someone who feels isolated, recommend a club or group based on what you know about their interests. If they’re nervous to join, offer to go with them to the first meeting.



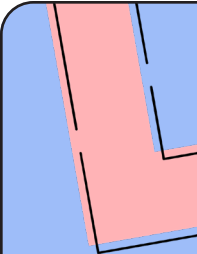
Art Drop

Create something meaningful (a sketch, poem, doodle, short story, or even a themed playlist) and leave it somewhere for someone to find with a note such as: “Found this? It’s yours now. Pass something of your own forward.”



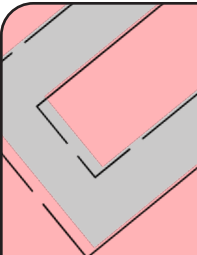
Silent Shout-Out

Pick someone you admire (a teacher, classmate, custodian or coach) and create a tribute to them without naming them. Write a poem, story, or make a piece of art inspired by them. Display it somewhere public with a hint like: “This is for someone who shows up every day and makes things better.”



Micro-Mentor

Offer a short-term mentorship or check-in for a younger student (a freshman, or someone new to your club/sport). Show them around, answer questions, or just be someone they can talk to once in a while.



Borrow My Courage

Create little “courage cards”—simple slips of paper that say things like: “You’ve got this. Even if you don’t believe it yet, I do,” or “You’re more capable than you think.” Leave them tucked into library books, under desks, in notebooks left behind, etc., and then pass this card on to someone else to make their own!

