



**lindsey  
meyer  
teen  
institute**

# MISSION IMPOSITIVE ACTION GUIDE



**A PROGRAM OF PARTNERS IN PREVENTION**



# INSTRUCTIONS

**1. PERMISSION.** Check with your advisor and get permission to implement this project from your school administrator.

**2. PRINT.** Print out copies of the explanation cards and mission cards. You can also work with your group to brainstorm other mission cards that you think may be good for your community.

**3. INSERT.** Place an explanation and mission card in a small envelope and then seal them up. You can also decorate the front of the envelopes to make them look inviting.

You may even want to consider using a hash-tag so people can share their random acts of kindness on social media.

**4. HIDE.** Hide them around and watch the kindness spread!

# DEBRIEF QUESTIONS

Here are some sample debrief questions you can use with your group once you have completed the project.

- What are some of the reactions to this project? (From teachers, students, etc.)
  - (For negative reactions) What could we have done differently along the way to improve this project?
  - (For positive reactions) How can we follow up on this activity throughout the year? (Ex. Locker Slam)
- What was your favorite part about implementing this project?
- If we implement this project again next year, what should we change about it?

# ACTION PLAN

COMPLETED	TASK	WHO?	BY WHEN?	MATERIALS NEEDED
<input type="checkbox"/>	Select Date/Dates to implement the project. (Do you want to hide them all in one day or spread it out over a week? A Month?)			
<input type="checkbox"/>	Share a brief description and purpose of the project with school administration.			
<input type="checkbox"/>	Request permission from school administration to implement the project			
<input type="checkbox"/>	Secure the supplies to create the mission cards. (paper, scissors, envelopes, markers, etc.)			
<input type="checkbox"/>	Print, create, and decorate mission cards and envelopes as a group.			
<input type="checkbox"/>	Hide mission envelopes around locations.			
<input type="checkbox"/>	Once the project is completed evaluate your work as a group. (You may want to use our sample debrief questions to have a discussion.)			
<input type="checkbox"/>	Celebrate your success!!			

# MISSION CARDS

This activity is a chance for you to spread kindness and positivity throughout your community! Your group will create small positivity challenges and hide them throughout the school or community. As individuals start finding the challenges, you'll be able to sit back and see how one small gesture can contribute to a culture of kindness.

Mission: High-five the next 5 people you see!	Mission: Text your best friend right now and let them know you love them!
Mission: Make thank you cards for the custodial staff!	Mission: Make thank you cards for your favorite teacher!
Mission: Volunteer at a local soup kitchen with some of your friends.	Mission: Go through your clothes and donate anything you no longer need.
Mission: Write 3 encouraging notes and hide them for strangers to find.	Mission: Invite someone new to sit with you at lunch.
Mission: Pay 3 strangers compliments.	Mission: Tape a dollar to a vending machine with a note for someone else to use it.
Mission: Let someone cut in front of you in line.	Mission: Write a thank you card 'just because'.
Mission: Write a list of reasons why you love someone and give it to them.	Mission: Spend one day saying only positive things about people.
Mission: Tell 3 people you admire something about them.	Mission: Be kind to yourself. You're doing great!
Mission: Help someone in need.	Mission: Write a letter of appreciation to someone who positively influenced you.
Mission: Pick up any litter/trash that you see.	Mission: Give encouragement to someone who is working hard.

# EXPLANATION CARDS

This is your secret positivity challenge. Don't tell anyone about this. When the time is right, complete your challenge. Warm & fuzzy feelings will follow.

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