

BROWN BAG CHALLENGE

ACTIVITY

Distance Learning Tips Our activities are designed to be used in and out of the classroom. Below are some tips for working on them at home.

Students: Consider working independently or with your peers where discussion is encouraged. You can meet virtually, share a live document, or chat to exchange ideas. **Parents:** Talk with your child through the activity and ask them what is most impactful. Be open to answering questions and exploring new topics together. Your role, now more than ever due to remote learning, is so important. Because you'll be seeing them in person the most in this time, be sure to keep tabs on their activities and that they're still pursuing their natural high! **Teachers:** Suggest your students follow the activity directions independently or engage with peers where discussion is encouraged. You can also facilitate virtual conversations or encourage offline chats/emails. Encourage students to share their responses and projects with you digitally.

Time Needed

30–45 minutes

Materials A brown paper bag (or basket, folder, shared document, etc.) for each person Scratch paper or access to shared document

Activity Description It's important to have strong support systems in place, especially when you need to lean on someone for comfort, help, or advice. This activity is designed to help you identify positive qualities in your peers to create community. You will also have a chance to learn what it is about you that people admire so you can develop some self confidence.

Suggested Steps 1. Take a brown paper bag (or another receptacle) and put your name on it. Alternatively, create a shared document with your name on it and share it with your classmates/community members. If you don't have online access and are not in school, try this on paper with your family and neighbors. You could also write a simple card/letter to your classmates and ask your teacher for a list of addresses or to help you distribute.

2. Write down something positive about each person in the group on a piece of paper or on their form. (This could be about their character, a personality trait, gratitude you want to share, or an accomplishment.) Be sure to personalize it.

3. Pass the bags in a circle (or share your form around), and place your personalized note in each person's bag. Read your notes.

4. What are some of the qualities your peers admire about you?

5. Keep your notes and/or form somewhere you can easily access it when you're feeling low and need a source of support.

6. How do the qualities your peers see in you relate to your natural high? Are there other natural highs that seem to overlap with these qualities that you could explore?