**6th grade Class Meeting  
May 11, 2016**

**Give Yourselves a Hand**

**Purpose: Students in STAR classes will share affirmations with each other by writing positive qualities and or messages.**

**Materials: Markers/Crayons/Colored Pencils, One sheet of white paper for each student.**

**BullyBuster: “After a year of class meetings we only have a few left! Today we’re going to take some time to share positive affirmations with each other. When you share an affirmation with someone it means that you’re providing some sort of emotional or encouraging support. This can be done in many ways but today we will put affirmations into writing and each of you will leave STAR with a poster of happy and positive messages from your classmates.”**

**Here are the directions:**

1. Each person take a piece of white paper and a marker.
2. Put your hand on the paper and trace it with a marker.
3. Clearly write your name in the center of your handprint.
4. Spread these handprints on desks or countertops around the room.
5. On my signal, walk around the room and put an affirmation in the space around the handprint that relates to the person who created it.
6. You can write:

* A positive word or phrase that describes the person
* A positive quality that you admire about the person
* A humorous quote or memory you have about that person from being in STAR with them this year.

**NOTE: ALL THINGS WRITTEN ON THE HANDS MUST BE POSITIVE AFFIRMATIONS. IF YOU AREN’T SURE WHAT TO WRITE ON SOMEONE’S HANDPRINT, KEEP IT SIMPLE AND POSITIVE.**