

## LESSON PLAN

These Lesson Plans are a culmination of schoolwide activities and classroom activities, ranging from grades K-12

### Anonymous Card Delivery

Submitted by Maria - Ann Arbor, Michigan

#### Objective:

The students will brainstorm a list of people who would benefit from an anonymous card. The students will make a card, deliver it anonymously, and do their best to observe the reaction of the recipient. The students will journal about the experience of giving without expecting in return.

#### Grade Level:

Elementary to High School

#### Scope:

Class Activity

#### Materials Used:

Scrap paper  
Construction paper for cards  
Scissors  
Glue  
Card decorations  
Access to locker numbers

#### Procedure:

1. Have students arrange themselves somewhere in the classroom where they are comfortable. I allow them to sit on the floor or near the window or in a corner somewhere. Let them know the following activity will be completely silent.
2. Hand out a sheet of scrap paper to each student.
3. When the room is very quiet, lead them through a reflecting/brainstorming activity. I start students out by saying, "I want you to close your eyes and think back over the last week. I want you to think about

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every person over the last week who made you laugh. Think of anyone who really made you laugh hard or who brought you up when you were down. Write down their names, even if that person doesn't even know you. Maybe you just know their name but have never actually met them." Then I give them time to write. I follow that up with, "Think about...

A. Anyone over the last week who went through something difficult

B. Anyone – even (especially) if you don't know them – who you have seen alone on a regular basis... in the lunch room, in the hall during passing time, at the bus stop, in gym class...

C. Anyone you saw doing something kind without being asked (Feel free to add to the list above.)

4. Next, ask the students to peruse over their list and think about the one name on that list that would benefit the most from an anonymous card. Tell students that the idea is to do something for someone else that will mean a lot to them. Ask them to consider very carefully who on that list is in the most need of a small gift.

5. When students have chosen their name, give them time to write a small note on their scrap paper to that person. This is their rough draft.

6. Bring students back to their desks. Allow time for students to make and decorate their cards.

7. When all the cards are finished, have students write the appropriate locker number for that person somewhere on the card where it is hard to see.

8. Take the class out in the hall and deliver the cards. (I have a locker key for my school so I like to deliver them right into the locker. Students seem to be so surprised!) If you don't have access to a locker key you could tape cards to lockers.

Assessment: For homework, students are to write about what it felt like to do something anonymously for someone else.

I used this activity this year on Valentine's Day. I was so proud of the students that my class chose to deliver their cards to. I actually had other teachers search out where the cards came from so they could tell us how much they meant to particular students. It was a very positive activity for my class. In fact, I have students who have decided to do this on a regular basis. One particular student in my class has decided to deliver an anonymous card daily! The amount of happiness that comes from doing something while expecting nothing in return is always surprising. Students just love this activity!