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Welcome to inspirED!

inspirED’s mission is to empower all young people to create positive change in their schools and communities.

inspirED was born out of a partnership between Facebook and the Yale Center for Emotional Intelligence with the goal of bringing social and emotional learning (SEL) and greater well-being to high school students. We know that emotions matter for students’ attention, memory, learning, judgment, relationships, and academic outcomes. We are dedicated to bridging the gap between how students currently feel in school and how they want to feel each day.

inspirED empowers teams across the nation who are committed to changing the way that students and teachers feel in school every day. As you work through the inspirED Process, you and your team will **Assess** your school climate, **Brainstorm** ideas, **Commit** to a plan, and **Debrief** your results.

Within this guide, you’ll find support for setting up and launching your inspirED team, evaluating your school climate, and designing a team project that will positively impact your school community. You can also visit [http://inspirED.fb.com](http://inspirED.fb.com) for additional resources developed by the Yale Center for Emotional Intelligence to support you in your mission, as well as stories of other inspirED teams around the nation.

Our model of change is built on the input of thousands of students and educators from across the United States. Like you, these individuals have a vision for a future where young people feel empowered to take action in their own communities. Together, we can build a nationwide movement that sends a clear message: You have the power to create positive change!

Are you ready?

**LET’S GET STARTED!**
Hey, Students!

Did you know that YOU have the power to create the change you want to see at school? All too often, it is the adults telling the students what they need to fix. At inspirED, we believe that students’ voices need to be heard as equal partners in creating positive change at school.

This guide is intended to be your roadmap for all things inspirED. That being said, not every team will need to use every resource provided here. inspirED is about what you need at your school: the folks at inspirED created this guide for you so that you could make it your own.

For even more resources including activities, stories, and news about upcoming events, be sure to check out http://inspirED.fb.com.

There are also plenty of opportunities to earn swag and be featured for all of your hard work, so make sure to learn how to connect with our teams! We know that positive change starts with you, and we at inspirED can’t wait to see all the impact you create.

Best wishes,

Rae  Seth  Claira
Julia  Jamie  Nikki
Jessica  Marc

The inspirED staff
**Hey, Educators!**

Welcome! We’re so happy you’re joining your students on their inspirED journey!

Your job throughout this process will be to help your team stay on track while also giving them the freedom to follow their own path.

As the inspirED team’s educator advocate, you can represent an adult perspective, while still encouraging your students to dream big and use their voice! For example, if your school has guidelines on posting fliers, advise the students accordingly, and help them think through the best ways to get the word out. You might also want to gently guide students outside of their social circles and into contact with the wider school community.

inspirED allows teams to register to stay connected to the inspirED staff. As an advocate, it will be your role to get your team registered by visiting [http://inspirED.fb.com/team-signup](http://inspirED.fb.com/team-signup). To learn more about registration, and what that means, please visit [Getting Registered](http://inspirED.fb.com/team-signup).

Lastly, we ask for you to think about how the concept of “wait time” plays out in a classroom. As hard as it can be, the best advocates will allow the students the time and space they need to reach ideas, decisions, and plans on their own. That’s not to say you can’t help them! Just remember that inspirED seeks to foster student voice and student leadership and those things can’t happen if students feel that an adult is taking over, or is there to give them a “grade.”

As students keep their peers updated, we encourage you to do the same with the faculty at your school. Your role is to promote the team’s goals to help them succeed! You may also want to check out the educator resources at [http://inspirED.fb.com/activities](http://inspirED.fb.com/activities), where you’ll find activities to try in your classroom.

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**inspirED Administrators -**

Most schools require administrative approval for new teams or clubs. We strongly suggest reaching out to your administrator before the first inspirED meeting.

For help with this, please see the [Administrator Letter on page 12](#).

Administrators play an important role in setting the climate for their school. Even small demonstrations of support can make a huge difference. Talk with your administrator about ways that they can support the inspirED team’s work.
The inspirED Process

**Assess**

You are officially taking your first step towards a positive school climate. This is your chance to investigate challenges and discover opportunities for improvement in your school community. During this phase, you will survey your school climate to measure the strengths and weaknesses of your community. Together, you and your team will answer the question: *How do we feel in school?*

**Brainstorm**

During this phase, you and your inspirED team will meet to brainstorm possible projects that could help address the challenges identified in Phase One. Phase Two allows you to get creative and to think of interesting ways your team can make the changes you want to see at your school. Here is where your team will answer the question:

*How do we get closer to how we want to feel in school?*

**Debrief**

The last phase is time to reflect and celebrate! During this phase you will gather feedback about your project from teachers, administrators, and fellow students. You will also recognize your inspirED team’s accomplishments during this phase, and take some time to celebrate all of your hard work! Through gathering feedback about how your project created impact, you can also assess your next opportunity to create even more positive change. Now it’s time to ask: *What’s next?*

**Commit**

During Phase Three, you will plan and implement your inspirED project, campaign, or initiative. This phase involves commitment, goal-setting, passion, collaboration with your teammates, and strategic planning. Phase Three is where your team will work together to implement your plan and answer the question:

*How do we bring our project to life?*
In this section, you’ll find the materials you’ll need to keep your inspirED team running smoothly.

You’ll Find Resources For:

- **Starting and running** a team, including information on recruiting students and adults to support the work of your team
- **Support for getting set up** as a team and choosing officers
- **Day-to-day team practices**, like running meetings

Don’t forget to register as an official inspirED team! See Register Your Team for more information.
How did inspirED start?
inspirED was born out of a collaboration between Facebook and the Yale Center for Emotional Intelligence with the goal of bringing social and emotional learning (SEL) and greater well-being to high school students across the nation. inspirED began with a survey of over 22,000 high school students from all over the United States. We asked those students how they feel in school every day, and how they want to feel.

The top 3 emotions students reported feeling were tired, stressed, and bored.

In contrast, when we asked how they wanted to feel in school, they answered: Happy, excited, energized, motivated, passionate, purposeful, safe, comfortable, contented, balanced, respected, valued, connected, supported, empowered, and inspired.

inspirED empowers students to bridge the gap between how their peers feel in school every day and how they want to feel.

Why start an inspirED team?
Students on inspirED teams take an active role in promoting a positive school climate, collaborating to solve problems, and developing themselves as leaders.

The inspirED Process is data-driven, based on research conducted at the Yale Center for Emotional Intelligence. Teachers and administrators who support inspirED demonstrate a commitment to emotional well-being in schools.

inspirED team members join a national movement and get connected to conversations, events, and special opportunities.

What is school climate?
School climate refers to the quality and character of school life. Aspects of school climate include the physical look and feel of school, the quality of relationships between school community members, and the degree to which students feel their voice matters.
**My school already has a social-emotional learning program. Why do we need inspirED?**
Most SEL programs use a top-down approach where school leaders address school climate through curriculum, workshops, and professional development.

inspirED begins with the students. Because students are the best judges of school climate, they are in the position to offer unique insight into the quality and character of school life. Student-driven inspirED teams are the perfect compliment to administrator and teacher efforts to improve school climate.

**Can inspirED be added to existing clubs at my school?**
Yes! Depending on the needs of your school, students can create a free-standing inspirED club or adapt materials to existing school-based organizations. Many successful inspirED teams have formed from pre-existing clubs such as diversity clubs, anti-bullying clubs, student leadership clubs, and more. To maximize your inspirED success, we suggest trying to recruit additional students who might add new thoughts and experiences to your conversations.

**What if just one or a few students want to do inspirED? How many people do we need?**
Your inspirED team can be as large or small as you’d like! As long as there is at least one student and educator advocate, you have an inspirED team. Your team can start small and grow!

**What do inspirED team members do?**
inspirED team members work to improve school climate through project-based initiatives. They follow the four-step inspirED Process: **Assess** school climate, **Brainstorm** ideas, **Commit** to a plan, and **Debrief** results.

Some inspirED teams complete multiple small projects, while others focus their energy on one larger project. Whichever approach your team takes, students develop organization, communication, and leadership skills as they plan and problem-solve their way to improving their school.

**Is inspirED free?**
Yes! It is completely free to register as an official inspirED team. All resources and content available on the [http://inspirED.fb.com](http://inspirED.fb.com) site for assessing school climate are also available for free. During the Commit phase, teams may find that they need funding, but don’t worry - we have plenty of Fundraising Ideas to help!

**What is YELL?**
Youth Engagement & Leadership Lab (YELL) events are awesome, and an exciting part of inspirED! At the events, trainers from Facebook and the Yale Center for Emotional Intelligence guide students through the inspirED Process with engaging activities and hands-on support. Students have the opportunity to discover their passion and connect with others who share their vision for improved school climates. inspirED teams will leave with a clear project plan to launch when they get back to school. As a registered team, you will be the first to know when an event comes to your area! For more information, check out the YELL tab on [http://inspirED.fb.com](http://inspirED.fb.com) - [launching October 2017].

**What can I find on [http://inspirED.fb.com](http://inspirED.fb.com)?**
The inspirED website is your one stop shop for all things inspirED! The site has activities and resources that students and teachers can use on their own or as part of their inspirED team meetings. You’ll also find more information about what inspirED is, the kinds of events we host, ways to connect in our student and educator Facebook groups, and stories about students and teams on our blog. There is also a section for educators, where you will find 10-minute and 1-hour activities to promote positive climate in classrooms.
inspirED is all about student voice, so to maximize your success as an inspirED team, you need as many voices as possible! To get the fullest understanding of your school’s climate and the best ideas for improving it, you need all kinds of students to participate in inspirED to have many perspectives represented on your team.

Here are some tips for recruiting inspirED team members:

• Post the inspirED Flier in highly trafficked, visible locations around your school. If you’d like, you can also create your own flier with important information on contact people and upcoming meetings.

• Get creative! Consider how information gets shared in your school. What are the most effective ways of reaching students? Do you have morning or afternoon announcements? Advisory periods? Is there a class you have that might be interested in inspirED?

• Post about inspirED on social media. Include a link to http://inspirED.fb.com.

• Ask your friends to spread the word! The more people who are working to recruit team members, the more successful you will be.

• Reach out to students from diverse backgrounds and encourage them to be part of your team (e.g. ask a coach to mention it to players, put up flyers in your school’s art studio, or ask your friend who runs the debate team to join and bring some friends). Having a range of opinions and experiences will allow you to more thoroughly understand your school climate.

• Follow-up with people who express interest or curiosity about inspirED. Make sure they have all the information they need to make it to your next meeting!

Keep recruiting throughout the school year. People should feel free to join inspirED at any time, so make sure to keep your doors open to everyone! Your team’s success depends on the strength of its members.

Don’t forget to recruit a like-minded adult to act as your inspirED Educator Advocate. When approaching them, you might want to share why inspirED is important to you and your school and why you think this person would be a good fit for your team.
How do You Feel in School Every Day?

A 2015 survey from the Yale Center for Emotional Intelligence asked 20,000+ students how they feel in school. The top 3 emotions felt were...

- TIRED
- STRESSED
- BORED

The same group of students reported that they wanted to feel...

- Energized
- Valued
- Comfortable
- Balanced
- Motivated
- Happy
- Inspired
- Safe
- Connected
- Respected
- Excited
- Empowered

We want to feel this way at our school too, so we’re forming our own inspirED team to make the change we want to see!

inspirED is a nationwide movement of high school teams dedicated to empowering student leadership and improving school climate. We are looking for more people from all around our school to come join the movement with us!

JOIN THE MOVEMENT!

Contact ____________________________ if interested, or come check out our next meeting.
Place: ____________________________ Time: __________ Date: ______________
Dear ________________________________,

We are writing to ask your support for our formation of an inspirED team at our school. We are a group of students who are passionate about ________________________________.

inspirED's mission is to give young people the skills, resources and support they need to build healthy, safe and engaged schools and communities. This year we will work through the inspirED Process of Assessing our school climate, Brainstorming ideas, Committing to a plan, and Debriefing our results.

Our inspirED team will be part of a nationwide movement dedicated to bridging the gap between the way students currently feel in school and the way they want to feel. Students at other schools have created a “Humans of” Instagram account, distributed kindness grants, engaged in beautification efforts, hosted a “Passion Olympics,” and more!

Through collaboration with our educator advocate ________________________________, innovative school climate survey tools, and project-based solutions, we want to use the platform of inspirED to become student leaders who are empowered to create the change that we wish to see in our school. We believe that our school can be a place where all students feel inspired!

inspirED was born out of a collaboration between Facebook and the Yale Center for Emotional Intelligence with the goal of bringing social and emotional learning (SEL) and greater well-being to high school students across the nation. The project began when a survey of over 22,000 high school students from all over the United States reported students’ top three feelings at school were tired, stressed, and bored. Researchers also asked students how they want to feel and they said: Happy, excited, energized, motivated, passionate, purposeful, safe, comfortable, contented, balanced, respected, valued, connected, supported, empowered, and inspired, and we want to help ________________________________ feel the same way!

Your participation in our work is invaluable to us. We invite you to attend a team meeting, where we can brainstorm ways to meet our goals of surveying our school climate and developing a project or campaign to engage our school community.

We are grateful for your presence as we begin our inspirED work. If you would like more information, you can check out the inspirED website at http://inspirED.fb.com, or connect with inspirED team directly by emailing them at inspirED@fb.com.

Thank you,
Get ready to support the team’s work by regularly holding meetings to check in. Use the suggestions on this page and the Agenda and Notes Template to help you.

**Before the Meeting:**
- **Set a time:** Make sure everyone knows the start and end time.
  Pass out and stick to an Agenda if possible.
- **Gather materials:** Depending on what you need to accomplish at your meeting, make sure you have a whiteboard and markers, flip chart, construction paper, or whatever else you’ll need.
- **Be comfortable:** Make sure that your meeting space has enough seating and good lighting. Sit in a circle or other configuration so everyone can see each other. Use “Meeting in Progress” signs to limit interruptions and distractions.

**Starting the Meeting:**
- At each team meeting, we suggest having a different team member explore our Meeting Activities (launching October 2017) on the inspirED website and share the activity with the group. Take turns leading this part of the meeting.

**During the Meeting:**
- Use the Meeting Notes/Agenda Outline to keep your meeting on track. See the template on the following page.

**Ending the Meeting:**
- Close the meeting by making sure everyone knows when and where the next meeting will be and what they agreed to do by that time.

Additionally, here are some other ideas to keep in mind:
- **Setting-up Meetings**
  - At your first meeting, you have a few important things to do!
    - Get to know everyone - start with a name game or other icebreaker.
    - Plan to choose Team Roles.
    - Plan to measure your School Climate.
  - At your second (and maybe third or fourth) meetings, you may want to...
    - Choose and announce team roles.
    - Review data about your School Climate.
    - Brainstorm ideas and Discuss Project Ideas.
  - Plan at least one meeting to complete the Project Planning Framework.
- **End-of-Year or End-of-Project Meetings**
  - When you’re done, don’t forget to celebrate your success and thank everyone who helped!
  - Share your accomplishments with inspirED@fb.com.
  - Elect officers for next year
  - Say goodbye to graduating seniors
  - Thank your advisor for their support
  - Share the results of your school climate surveys and your inspirED project with your school
  - Share your accomplishments with inspirED by sending to inspirED@fb.com
Agenda and Notes Template

Date: ___________________ Time: ______________ Location: ________________________________

Who’s Leading the Meeting? __________________________________________________________
Who’s Taking Notes? ________________________________________________________________
Who Else Is Here? ________________________________________________________________

**Topic 1:** ____________________________________________________________
Discussion and Updates: _________________________________________________________
Tasks: ____________________________________________________________
Owner: ____________________________________________________________
Due Date: ____________________________________________________________

**Topic 2:** ____________________________________________________________
Discussion and Updates: _________________________________________________________
Tasks: ____________________________________________________________
Owner: ____________________________________________________________
Due Date: ____________________________________________________________

**Topic 3:** ____________________________________________________________
Discussion and Updates: _________________________________________________________
Tasks: ____________________________________________________________
Owner: ____________________________________________________________
Due Date: ____________________________________________________________

**Topic 4:** ____________________________________________________________
Discussion and Updates: _________________________________________________________
Tasks: ____________________________________________________________
Owner: ____________________________________________________________
Due Date: ____________________________________________________________

Wrap-Up: ____________________________________________________________
Date of Next Meeting: ______________________________________________________

inspirED
inspirED officers are students in leadership positions on your inspirED team. Officers help ensure that meetings run smoothly, and help keep your team on track to meet your goals for the year. You’ll want to establish a dedicated, passionate group of student officers to guide your inspirED team - it’s up to you and your team to decide how these roles should be assigned - see the Election Guide. Below are some officer roles you might want to consider for your team.

If you would like help choosing officers, see the Election Guide.

President (or Co-Presidents):
• Attends and leads each inspirED team Meeting: prepares agenda, calls meeting to order, guides discussions
• Plans and oversees inspirED team activities, events, and programs
• Communicates with team members about their roles or duties
• Guides team members to meet team goals, including recruitment, surveying their school, and bringing their inspirED project to life

Vice President:
• Leads meetings when President is absent
• Assists the President with planning activities, events, and programs
• Guides team members to meet team goals, including recruitment, surveying their school, and bringing their inspirED project to life

Secretary:
• Assists with planning of activities, events, and programs
• Takes attendance and records notes at meetings, makes sure all team members have access to notes
• Maintains team records including meeting notes, school climate survey results, and inspirED project plans

Social Media Coordinator:
• Creates and maintains Facebook, Instagram, and other social media platforms for the inspirED team
• Posts regularly to social media with team news and progress
• Documents the progress of the inspirED team through stories, photos, videos, and more
• Shares regular inspirED team updates with inspirED movement by sending to inspirED@fb.com and by posting on the inspirED Facebook Group using #FBinspirED

Not everyone on your inspirED team needs to have an officer role! In addition to your educator advocate, your team may grow to include team members.

Members:
• Contribute to surveying their school and bringing their inspirED Project to life
• Brainstorm and contribute creatively to team’s efforts

Educator Advocate:
• An educator, coach or administrator at your school to sponsor your team
• Supports the youth-directed work of the inspirED team
• Represents inspirED to school staff
• Promotes student-driven, collaborative, and compassionate meeting environments
• Assists inspirED team members in surveying their school, setting and reaching goals, and bringing their inspirED project to life
Election Guide

Your inspirED team can choose to elect officers in a variety of ways. Below, we’ve included some questions to ask when deciding.

**Selection:**
- Should officers be nominated to their roles or should they volunteer?
- What does a student need to do in order to appear on the ballot?
- How should voting take place? Does the advisor get a vote?
- Are there requirements to being an officer, like grade level or time of involvement with inspirED?

**Service:**
- How long does an officer stay in place?
- For what reasons should a student be removed from office?
- How will the inspirED team stay connected to students who have graduated?
- How are officers involved in decision-making for the inspirED team?
As an inspirED team, you have the opportunity to connect directly with the inspirED staff by registering your team at https://inspirED.fb.com/teams-signup. To get registered, we ask that the inspirED Educator Advocate provide their name, email and school. When you register, you will:

- **Gain access** to our online resources and community.
- **Be the first to find out** about special events, including grants and award opportunities.
- **Be eligible** to receive three 1-hour school support sessions from our staff at the Yale Center for Emotional Intelligence.
- **Have opportunities** to earn swag including stickers, t-shirts, posters and more!
- **Receive updates** containing program information, inspiration and project ideas in our monthly inspirED emails (1 email per month...no spam...we promise!)
- **Become an official part** of a nationwide movement at your school!
Before jumping into Assess, make sure that you have recruited a diverse team of students, found an educator advocate to join your team, and gotten approval from an administrator to form a new club. Check out the Recruitment Tips and Administrator Letter in the Team Resources section for help.

This section gives you two options to assess your school climate: a reflective walkthrough activity and a form for students to fill out. After reading through how they work, your inspirED team can choose to do one of these or both.
In order to create an impactful project that has the ability to improve your school, you first need to know where your school could be improved. We provide you with two options to assess your school climate: The School Climate Walkthrough and the School Climate Survey.

The School Climate Walkthrough, presented in the next few pages, is a tool you can use with your team in order to identify the strengths and weaknesses of your school and help your team to pick a project that promotes positive change.

School Climate is a term that encompasses a variety of characteristics that make up a school such as the look of your school, the opportunities that are offered, feelings of safety, respect for diversity, and relationships between school community members.

Instructions:

1. Plan to complete the School Climate Walkthrough activity in an inspirED team meeting. It will most likely take about 30 to 45 minutes depending on the length of your discussions.

2. For best results, be sure to include your educator advocate and a diverse range of student perspectives when completing this activity.

3. Either access the School Climate Walkthrough on a computer or print it out.

4. Choose one member of the team to be the reader. The reader should read the walkthrough slowly and with lots of pauses for people to think. They should use a calm voice that’s loud enough for everyone to hear.

5. Place your chairs in a circle and take a seat.

6. Have the chosen member lead the School Climate Walkthrough.

7. After your group has completed the walkthrough, proceed to School Climate Discussion to discuss what you may have discovered during the experience.
School Climate Walkthrough

Please either close your eyes or look at the floor. I am going to lead you through a mental walkthrough of a typical school day, and invite you to reflect on the emotions that you and other students feel during school. You can either do this activity through your own eyes or watching yourself from above.

You begin your day by looking at the outside of your school as you approach the front doors. Try to picture what the building looks like and notice the emotions you may be feeling as you approach. Now you are walking through the front doors of your school. Is it chaotic and noisy? Is it relaxing and inviting? Think about how people may be acting. Maybe students are laughing with their friends or maybe teachers are yelling at students. Visualize what your hallways look like.

As you walk through the hallways, how do you feel? Are the hallways too crowded? Do you feel safe? Try to picture typical interactions between students in your hallways, between adults, and between students and adults. Maybe you see students laughing and walking with their friends. Do people look happy or do they looked stressed? What typically happens in the hallways of your school? Maybe the hallways are relatively quiet, maybe there are fights. Try to gather some images in your head of what your hallways typically look like as you walk from class to class.

Now try to place yourself in the classes that you have during the day. You may like some classes better than others. How do you feel in your different classes? Are students treated equally and respectfully by teachers and students? You probably have different emotions associated with different classes; take a moment to think about each teacher and classroom now.

Next, let’s think about the students in your different classes. How do other students make you feel? Maybe students listen to each other in your classes and engage in discussions. Maybe your classes are loud, maybe your classes are quiet. Are you comfortable sharing your ideas in front of the class? Consider what support is in place for students who may be struggling. Gather some images of your classes in your head and try to label some pleasant and unpleasant characteristics of your experiences. As you leave your classes, try to imagine how you feel.

Now envision yourself at lunch. How are you feeling as you are sitting in the lunchroom or cafeteria? Do the students have enough healthy food to eat? Picture your surroundings: the look and feel of the lunchroom, whether the walls are decorated or not, the smells in the air. Do you see students sitting with their friends or are they sitting alone? Are there unspoken rules in your lunchroom where certain people can or cannot sit? Try to visualize the facial expressions of the students around you. Maybe students are smiling or maybe they look sad.

Now think back over the whole school day. How connected do you feel to your school? What were the most common emotions that you felt? How are you feeling in your body as the day ends? If someone asks you, “how was school?” how would you answer? Finally, do you feel proud to say you go to your school?

Now open your eyes. We have just spent a few moments reflecting on school climate. Maybe there were specific places in school or moments throughout the day that carried strong feelings for you. Let’s talk about it.
School Climate Report Card

The following areas of school climate were rated by students and teachers as the most important in a 2015 National School Climate Survey.

Based on your observations from the School Climate Walkthrough, give your school a letter grade from A+ to F for each area.

<table>
<thead>
<tr>
<th>Domain of School Climate</th>
<th>Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rules and Norms</td>
<td></td>
</tr>
<tr>
<td><em>Are rules and policies fair and consistent? Do school and group norms reflect positive school climate?</em></td>
<td></td>
</tr>
<tr>
<td>Physical Safety</td>
<td></td>
</tr>
<tr>
<td><em>Do students feel safe at school? Are students safe traveling to and from school?</em></td>
<td></td>
</tr>
<tr>
<td>Social and Emotional Safety</td>
<td></td>
</tr>
<tr>
<td><em>Do students in school feel as though they can safely express themselves and their emotions?</em></td>
<td></td>
</tr>
<tr>
<td>Respect for Diversity</td>
<td></td>
</tr>
<tr>
<td><em>Do students of diverse backgrounds, abilities, and experiences respect and get along with each other?</em></td>
<td></td>
</tr>
<tr>
<td>Supportive Relationships</td>
<td></td>
</tr>
<tr>
<td><em>Do people at your school (e.g., students, teachers) have close relationships?</em></td>
<td></td>
</tr>
<tr>
<td>Support for Learning</td>
<td></td>
</tr>
<tr>
<td><em>Are lessons engaging, creative, and relevant? Do teachers support learning about social and emotional topics as well as academic ones?</em></td>
<td></td>
</tr>
<tr>
<td>School Spirit</td>
<td></td>
</tr>
<tr>
<td><em>Does your school, as a community, feel close? Are there celebrations, events, or conversations that connect your school community members to each other?</em></td>
<td></td>
</tr>
<tr>
<td>Physical Surroundings</td>
<td></td>
</tr>
<tr>
<td><em>Does your school and the school grounds look clean and attractive? Is the building well-kept? Do you see examples of student work in the hallways and classrooms?</em></td>
<td></td>
</tr>
</tbody>
</table>
The inspirED School Climate Student Feedback Form is one way to learn about how students are feeling in your school. Knowing this information can help you to plan an impactful inspirED project. On the next page, you will find a short list of questions that can be printed, passed out, and completed by students at your school.

Instructions for Use:

1. First, it is important that distribution of this feedback form to students has been approved by administration.
2. Choose a day that you will hand out the survey, and print out copies to pass out to students.
3. We suggest that you recruit a large number of students from diverse backgrounds. Your school looks and feels different to everyone; making sure that you survey a wide variety of students will help you to have a more complete picture of your school.
4. Establish how you will collect the form back from students, maintaining anonymity. For example, remind students not to put their names on their forms, and set up a box where students can drop off their forms when they are finished.
5. Read through the completed forms as an inspirED team and take notes on what you find. For example, you might tally the emotions students listed, or write down themes that come up repeatedly for the open-ended questions.
6. Use the discussion questions provided to further understand what the results mean to you.

Discussion Questions:

1. Tally the words students feel most often. What were the most common words? Why do you think that is?
2. Tally the words students said they wanted to feel. How different are those words from what students are currently feeling?
3. What themes can you see from the answers to question 3? Do your team members agree or disagree with the issues identified?
4. How did students respond to question 4? What do these responses tell you about your school?
5. What kinds of responses did students give for question 5? How can these responses help your team brainstorm project ideas?
6. Carefully review the answers to question 6 and compare these to the rest of the answers given.
inspirED School Climate
Student Feedback Form

**Instructions:**
Thank you for volunteering to complete our inspired School Climate Student Feedback Form! Your responses are anonymous; please do not write your name on this form. This form should take less than 10 minutes to complete. With your feedback, we can work to make our school a better place to be.

1. How do you feel every day in school? Circle the top 5 emotions from the word bank below:

   - Alone
   - Comfortable
   - Energized
   - Hopeful
   - Purposeful
   - Tired
   - Angry
   - Connected
   - Excited
   - Inspired
   - Respected
   - Unsafe
   - Balanced
   - Content
   - Frustrated
   - Motivated
   - Sad
   - Valued
   - Bored
   - Discouraged
   - Happy
   - Nervous
   - Stressed
   - Calm
   - Empowered
   - Helpless
   - Passionate
   - Supported

2. How do you want to feel everyday in school? Circle the top 5 emotions from the word bank below:

   - Alone
   - Comfortable
   - Energized
   - Hopeful
   - Purposeful
   - Tired
   - Angry
   - Connected
   - Excited
   - Inspired
   - Respected
   - Unsafe
   - Balanced
   - Content
   - Frustrated
   - Motivated
   - Sad
   - Valued
   - Bored
   - Discouraged
   - Happy
   - Nervous
   - Stressed
   - Calm
   - Empowered
   - Helpless
   - Passionate
   - Supported

3. Please describe the issues in our school that are most important for you right now:

   ___________________________________________________________
   ___________________________________________________________

4. Do you feel as though students have a voice in our school? Why or why not?

   ___________________________________________________________
   ___________________________________________________________
   ___________________________________________________________

5. What would you like to see happen at our school to build community and student voice?

   ___________________________________________________________
   ___________________________________________________________
   ___________________________________________________________

6. Please share any other comments with us!

   ___________________________________________________________
   ___________________________________________________________
   ___________________________________________________________

**THANK YOU FOR GIVING YOUR FEEDBACK!**
School Climate Discussion

After you assess your school climate, this discussion guide will help you take the next step towards planning your inspirED Project.

**Step 1:** Gather your inspirED team and consider the following aspects of school climate. Discuss your observations about each of these categories in your inspirED team meeting. Use the **School Climate Report Card** to guide your discussion.

- Rules and Norms - Are rules and policies fair and consistent? Do school and group norms reflect positive school climate?
- Physical Safety - Do students feel safe at school? Are students safe traveling to and from school?
- Social and Emotional Safety - Do students in school feel as though they can safely express themselves and their emotions?
- Respect for Diversity - Do students of diverse backgrounds, abilities, and experiences respect and get along with each other?
- Supportive Relationships - Do people at your school (e.g. students, teachers) have close relationships?
- Support for Learning - Are lessons engaging, creative, and relevant? Do teachers support learning about social and emotional topics as well as academic ones?
- School Spirit - Does your school, as a community, feel close? Are there celebrations, events, or conversations that connect your school community members to each other?
- Physical Surroundings - Does your school and the school grounds look clean and attractive? Is the building well-kept? Do you see examples of student work in the hallways and classrooms?

**Step 2:** Consider the following questions, which will help you organize your team’s many ideas and bring you closer to your inspirED Project.

- What were the most positive aspects of school climate that you noticed? What does your school do to encourage these?
- What were some areas that need improvement? Why do you think that is?
- What aspects of school climate did your group agree or disagree on? What about your team’s observations was surprising?
- Which emotions do you feel at school most often? Least often? Why do you think that is?

For more suggestions on picking an inspirED Project, see our **Brainstorming Guide**. Or, if you know what you want to do, check out our **Project Planning Guide**!
Sharing Your Results

Your observations about school climate are an important part of your work as an inspirED team. It’s important that everyone on your team is aware of your results and understands what they say about your school.

Before you begin working on your inspirED Project, you will want to share the results of your survey with your school.

You can...

• Ask for a meeting with an administrator to review the data with them.
• Share portions of the data with clubs and teams that might be interested.
• Post the results of your survey on a bulletin or message board.
• Share the results during your school’s morning announcements or during an assembly.
• Pass out copies of the results during advisory period or lunch.

As a reminder, always end by inviting your peers to join your inspirED team! Finding people who are interested in improving your school climate will be key to your success.
How do we get closer to how we WANT feel in school?

In This Section You Will:

- Use feedback from your school climate survey to identify the emotions and issues that are most relevant to your school community.

- Host a brainstorming session to consider ways to bridge the gap between how students are currently feeling in school and how they want to feel.

- Choose a project to launch first!

Of the ideas you brainstorm, your team might decide to focus on one big project or multiple smaller projects. Both paths can work with the inspirED Process.
Brainstorming Guide

Get ready to get creative!
Here are some ideas for a successful brainstorming session.

Find a space to record everyone’s ideas - whiteboard, flip chart, or document on a projector.

Research shows that brainstorming is most effective when you begin individually. Take a moment to record your own ideas before sharing with the group.

Designate one person to record all the ideas. Challenge your educator advocate to participate only by recording and making sure all ideas come from students.

As you share, be sure to avoid judgment or criticism. You want to get as many ideas as possible from your team members.

Set a goal. Decide to brainstorm for a certain period of time (say, 45 minutes or longer) or until you have a certain number of ideas (maybe 25 or more).

Decide together how to use the ideas you’ve generated.

You might use Bridging the Gap or the Project Ideas to help you get started.
Choosing a Project

You have a lot of great ideas - now what?

Try these tips to narrow it down.

• Try to organize the ideas in a way that makes sense. You could try arranging them from short-term to long-term, from most to least expensive, or based on similarity of topic.

• Keep an eye out for ideas that can be combined.

• Compare your ideas to the inspirED Project List and Project Cards on the next pages.

• Give special attention to the ideas that seem original - often these can become unique inspirED Projects!
Bridging the Gap - Example

On this page, you can use the three boxes to help you visualize where you are, where you’d like to be, and what it takes to get there.

1) Where You Are: In the first, top left box, list some of your observations.

2) Where You’d Like To Be: In the second, top right box, list some of the qualities of your ideal school.

3) What It Takes: Finally, in the third box, list some ideas that might bridge the gap between where you are and where you’d like to be. What could happen to bring your school one step closer to your ideal?

1) What is your school like now?
Our school feels disjointed and clique-y. There are a lot of unspoken rules about who can be friends with who and a clear social hierarchy.

2) How would you like your school to be?
We want a school where everyone is friendly, gets along, and knows each other’s name.

3) What would have to happen to make your school the way you want it to be?

- Times for people to sit in different groups at lunch
- Teachers do more in classrooms to help students get to know each other
- A way to help 9th graders feel comfortable in the fall
Bridging the Gap

1) What is your school like now?

2) How would you like your school to be?

3) What would have to happen to make your school the way you want it to be?
Remember that emotions matter! Research shows that we can promote positive emotions with our actions, mindsets and goals. The change you want to see in your school is now in your hands! Connect with us on Instagram and Facebook for more inspiration, and to be recognized for all of your hard work!

Gather your team and choose an idea that you are passionate about and addresses an area of need for your school. Keep in mind that each school faces different challenges, so feel empowered to customize/mix-and-match these ideas based on your community so they work best in engaging your entire student body.

**Ongoing Campaign Ideas:**
These ideas are long-term projects that take longer to launch, running anywhere from a month, a semester or even a whole school year.

- **Meditation and Yoga:** add meditation and yoga to your school’s routine through study halls, advisory periods and after school times.
- **Supporting Sports:** Organize at least one match/game for each athletic team where you try to get high attendance.
- **Interest-Based Mentorship:** Start a mentoring program at your school where students and teachers are matched by interests. (e.g. guitar, cooking, ect.)
- **Pause Bell:** Set up a bell on the loudspeaker in your school that goes off a few times a day. Every time the bell rings, everyone must stop what they are doing and take three deep breaths.

**Event-based projects:**
These ideas are short-term projects that you can quickly launch!

- **Diversity Learning Day:** Host an event focused on celebrating the cultural diversity at your school.
- **Lunch Scramble:** Everyone is randomly assigned to sit with different people at lunch in order to meet new people.
- **Mural Painting:** Paint a mural to improve the look of your school based on an inspiring theme.
- **Talent Show:** Showcase the talents of students at your school.
One creative way to foster empathy through storytelling is with a “School Instagram Account”. You can create your own photos, videos and boomerangs highlighting stories of everyone in your school, posting them with a school-wide hashtag to bring your community closer together. *Humans of Loara* has a great example of a school Instagram account, featuring stories of students/educators with interesting prompts such as “what makes you smile?” and “what are your goals and aspirations?”

Sharing student/teacher stories is a great way to promote understanding, compassion and kindness in your community!

**Fast Facts:**
- On average, media content that uses compelling images has 94% more total views than content without images.
- *Humans of Loara*’s Instagram has over 10,000 views!
- Instagram accounts are free to set up and a great way to show school pride.

**Discussion Questions:**
- How could you use a school Instagram account to promote connectivity and positivity within your entire community?
- What are some fun themes you could incorporate into your photos/videos? (hint: motivation monday, fun fact friday...)
- What stories and values do you want to promote to encourage understanding in your student community?

**GO DEEPER:** Follow *Humans of Loara* on Instagram to see their account and get some inspiration: @humansofloara
Idea Bank

Use this space to catalogue the project ideas that you’ve brainstormed. Your team may choose to complete several smaller projects or fewer larger projects, or somewhere in the middle. Come back to this page as needed!
Now that you brainstormed so many great ideas, it is time to come together as a team, and agree on the project you want to develop, action plan, and launch.

For our inspired Project, we will...
Projects are the heart of your work as an inspirED team. You examined your school climate in Assess and thought of possible ways to improve it in Brainstorm. Now, it’s up to your team to implement that project, campaign, or program to address those issues and promote the emotions that your school wants to feel.

As a reminder, not every team will need every page in this section - choose the resources that are right for your work.
Use this calendar to map out your school year. If you want to do several smaller projects, consider mapping them onto months of the year whose themes may relate. Or, if you're planning something for a few months away, think about how you can use the calendar to act in the meantime.

**SEPT**

**Back to School:**
Think about opportunities to welcome new and returning students to your school!

**National Bullying Prevention Month:**
Try a kindness campaign, like a Lunch Scramble!

**Gratitude Month:**
What are some ways you can highlight gratitude this month?

**Dec/Jan**

**Connected and Supported:**
How can you support students at school during stressful exam times?
**Black History Month:**
Try screening a documentary that highlights the contributions of African-Americans and hosting a discussion to promote community in your school.

**Youth Art Month**

**National Music in Our Schools Month:**
March is a good month for an arts campaign! Consider ways to bring visual, performing, written, dramatic, or musical arts to promote positive school climate!

**Stress Awareness Month:**
Try some of the activities that help students feel safe and comfortable.

**Mental Health Awareness Month**
Reach out to school counselors or other mental health professionals and consider partnering with them for a campaign this month.

**Pride Month**
Consider partnering with an LGBTQ+ organization to host a safe space or ally training.
SMART GOALS FRAMEWORK

If you want to do something big, you need to develop an action plan! A well-planned project is so much easier to make into a reality and saves work later on.

**SMART** is a framework to help set goals that are attainable - it stands for **Specific**, **Measurable**, **Attainable**, **Relevant**, and **Time-Bound**. Use **SMART** when developing your inspirED team Project to maximize success. Revisit this page if you need to make changes to your project plan- that’s why it’s a planning guide! You might also want to check out **Action Plan** for another way to get started.

Our inspirED Project Name: ____________________________________________________________________

**SPECIFIC:**
Give a brief description for your project. Describe the outcome or product that you envision will exist when the project is completed.

**MEASURABLE:**
Briefly describe how you will know the goal has been achieved and the benchmarks along the way.
**ATTAINABLE:**
Make sure that your project is something that is within the ability of your team to complete. Brainstorm a list of tools and resources that you have and those that you will need.

**RELEVANT:**
Describe the observations about your school climate that inspired you to tackle your project!

**TIME-BOUND:**
How much time does your team have between now and when the project needs to be done?

**One sentence that sums up our SMART Goal is...**
# Action Plan

<table>
<thead>
<tr>
<th>What’s Your Idea?</th>
<th>GOAL: What do you hope to achieve and why?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>What resources do you have?</th>
<th>What resources do you need?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>What are the steps you’ll need to take to reach your goal?</th>
<th>Who can help you reach your goal? How can they help?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

What are the first three things you need to do once you get back to school?

1)  
2)  
3)  

---

Page 42
## Project Planning Basics

### WHO?
- Who is involved?
- Who will be impacted?
- Who will participate?
- Who has the ability to influence or approve your plan?
- Who will you rely on as advocates?
- Brainstorm as many “whos” as possible that relate to your project.

### WHEN?
- When will the event, project, outcome, or product happen?
- How much time do you need to plan, setup, and/or raise awareness?

### WHY?
- Why is this worth doing?
- Why does this project connect to your passions?

### WHAT?
- What exactly will be happening?
- What needs to be done?
- What materials and objects do you need?

### WHERE?
- Where will you plan?
- What space is needed for the actual project or event?

### HOW?
- What major challenges or obstacles can you identify that your team can work to address?
Accountability Practices

Your inspirED team can only succeed if everyone does their part. Use this framework each time your team meets to help everyone stay on track and accountable.

- **What will be done before the next time we meet? Who is doing what?**

- **If a team member encounters an obstacle between now and the next meeting, what can they do?**

- **How will team members communicate with each other between meetings (e.g. email, group message, Facebook group)?**

- **For team members who are working together, when and where will they meet?**
Complete a skills matrix for the members of your team, like this one!

<table>
<thead>
<tr>
<th>Name</th>
<th>Role</th>
<th>Positive Attitude</th>
<th>Writing</th>
<th>Problem Solving</th>
<th>Fast Worker</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shana</td>
<td>President</td>
<td>✔</td>
<td>✔</td>
<td></td>
<td>✔</td>
</tr>
<tr>
<td>Kevin</td>
<td>Vice President</td>
<td>✔</td>
<td></td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>Tyshemia</td>
<td>Secretary</td>
<td>✔</td>
<td>✔</td>
<td>☑</td>
<td></td>
</tr>
<tr>
<td>Maurice</td>
<td>Social Media</td>
<td>✔</td>
<td>✔</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nyla</td>
<td>Member</td>
<td>✔</td>
<td>✔</td>
<td></td>
<td>✔</td>
</tr>
</tbody>
</table>

Fill the top row with skills like:

- Positive attitude
- Fast worker
- Writing
- Hard worker
- Leadership
- Creative thinking
- Dependable
- Organized
- Social media & technology
- Good with people & communication
- Working independently
- Problem solving
- Presenting
- Energy & enthusiasm

Pass the Matrix around and have everyone check off their own skills. Use this matrix to plan your inspirED project based on the skills of your team members.
TIMELINING

Use this template to create a timeline like the example below for your project. Write team members’ names in the left column and give everyone tasks and responsibilities that fit their skills from Skills Matrix.

<table>
<thead>
<tr>
<th>Who Will Do It?</th>
<th>What’s the Goal?</th>
<th>Three Months Before</th>
<th>Two Months Before</th>
<th>One Month Before</th>
<th>One Week Before</th>
<th>Big Day!</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kemonie</td>
<td>Make 30 copies in time for event</td>
<td>create a draft</td>
<td>proofread draft</td>
<td>revise and print</td>
<td>make copies</td>
<td>Distribute copies</td>
</tr>
<tr>
<td>Gabe</td>
<td>Raise $250</td>
<td>choose fundraiser</td>
<td>start fundraiser</td>
<td></td>
<td></td>
<td>end fundraiser</td>
</tr>
<tr>
<td>Josie</td>
<td>Plan snacks</td>
<td>choose snacks</td>
<td>get budget for snacks</td>
<td>buy snacks</td>
<td>Serve snacks</td>
<td></td>
</tr>
</tbody>
</table>

Use this space to create your own timeline!
Fundraising Ideas

Depending on the inspirED project you choose, you may need to raise some money. Here are some suggestions for fundraising.

**AUCTION**
Your inspirED team can host an auction for almost anything! Gather the community at your school to bid on student art, items donated by people from school or local businesses, or even naming rights to school property like benches, engraved plaques, or rooms.

**BAKE SALE**
This is a classic, tried and true fundraiser! Ask students and staff to bring in baked goods and sell them during lunches or other times of the school day. Be sure you receive administration's approval to host something on campus!

**CANDYGRAMS**
Offer candygrams for sale around holidays. Try candy hearts for Valentine’s Day or candy corns for Halloween, and sell them to students and staff to send to others at school or take home for their families! You can also offer balloons for birthdays or other special occasions!

**COOK-OFF OR BAKE-OFF**
Host a culinary event where contestants bring home-cooked foods like pies, cakes, cookies, or chili! Sell tickets for attendees to try samples and vote for their favorites. Ask your principal and inspirED educator advocate to be the judges!

**COUPON-BASED FUNDRAISERS**
There are many organizations that will offer coupon-based fundraisers for services like restaurants, movie theaters, car washes, and other local businesses. Your inspirED team can buy the coupons at a bulk price, and when your customers buy the coupons or cards, they receive discounted prices. Everyone wins!

**CROWDFUNDING**
Your group can make an account on a crowdfunding website and use social media to ask members of your school community and beyond to support your cause. You may be surprised how many family members and friends will want to support your inspirED team in your work!

**DUCK RACE**
Sell rubber ducks, each marked with their own numbers. Have a race down a local river and give a prize to the owner of the fastest duck!

**HAT DAY**
With your administrator’s approval, host a fundraiser where students and staff at your school get to wear a hat in exchange for buying a ticket to Hat Day! You can also try this idea with something else (within reason) that is against your school's dress code, like PJs, jeans for teachers and staff, or dress down if your school has a uniform.

**PRODUCT-BASED FUNDRAISERS**
Many schools have existing partnerships to sell various products like candles, desserts, flower bulbs, doughnuts, wrapping paper, popcorn, and even mattresses! Check to see if your school has done any of these fundraisers in the past and if your inspirED team can host a product-based fundraiser.

**RAFFLE**
Try a raffle for donated prizes, or even a 50/50 raffle (the winner gets half the money and your team gets the other half). All you need are some tickets!
More Fundraising Ideas

Scratch Card Fundraisers
Your inspirED team can order fundraiser scratch cards and give them to as many students as possible. Each student takes their card and find supporters who will agree to scratch off a space and donate what the space says. Most cards have spaces ranging from a few cents to a few dollars. Students collect the money and turn it in with their cards.

Wish Day
Whatever students in your school wish they could do for a break from classes, ask your administrator to offer it for a price! If your school raises enough money, see if the principal will let students have their classes outside, have a school-wide snowball fight, or decorate the outside of the building with chalk.

Host a Dance
School dances are a great way to make money! Find a student who will volunteer to DJ, ask a couple teachers to chaperone, pick a fun theme, reserve a space, and sell tickets and concessions.

Jar Guess
Put some countable object into a jar, like jelly beans, beads, or candies and charge people to guess how many there are. The person with the closest guess gets to keep the jar with all its contents!

Offer Your Skills
Organize an event where the inspirED team will perform tasks for the community like washing cars, wrapping presents, raking leaves, or weeding. You can even offer to make copies for teachers, decorate their doors, or help with deep classroom cleaning!

Organize a Performance
Everyone loves talent shows, comedy shows, and karaoke! Host a performance at your school and sell tickets for students and their families. You could also host an athletic tournament between classes, or see if the faculty will play students in a sport and sell tickets for everyone to come watch.

Partner with Local Businesses
Many businesses offer fundraiser packages. Check to see if a restaurant, bowling alley, sports arena, or other business has a profit-sharing program for schools to fundraise.

Penny Wars
Get your school in the competitive spirit by sponsoring a Penny War! Each classroom places pennies into a container in their classroom, and the class with the most pennies wins - but that’s not all! Students can sabotage other classes with silver coins and paper money - putting a nickel into another class’s container would cancel five pennies, and putting $5 into another class’s container would cancel 500 pennies. Ask your principal to buy the winning class a pizza party.

Pie in the Face
Students can nominate a few teachers or other faculty members to enter a pie in the face contest! After you make sure that each staff member agrees to participate, assign a container to each contestant and tell students they can “vote” for the person they want to see pied by putting money into their container. The contestant who raises the most money in their container gets pied in the face! This fundraiser also works with just one contestant who sets a dollar amount that must be raised before they will agree to being pied. It doesn’t have to be pies either - the contestant(s) could dye their hair, wear their PJs for a day, kiss a pig, or agree to another challenge that your inspirED team picks!
Stay Connected at School

It’s important to keep your peers updated on the work you’re doing with inspirED! Try some of these ideas to keep everyone in the loop:

• Schedule a weekly or monthly update on your school’s daily announcements.

• Write a summary for the school newsletter, social media or website.

• Ask your educator advocate to share regular updates with an administrator, or better yet, share with them yourselves!

• Visit homerooms or advisory classes to share your progress.

• Ask for a place on the agenda at faculty meetings to share with your teachers and school staff the exciting work you are doing.

• Ask for a place on the agenda at a school board meeting to share your hard work with board of education members.
What’s next?

In This Section You Will:

• Reflect on your process, including the strengths and challenges of your project

• Gather feedback about your project from fellow students, teachers, and administrators

• Recognize your inspirED team’s accomplishments

• Celebrate all your hard work!

• Assess your next opportunity to create even more positive change
Congratulations, you did it!

From setting up your inspired team and hosting your first meeting to planning and executing a project, you’ve become an expert in addressing school climate. When you’ve wrapped up your inspired project, gather your team and use this discussion guide to consider the impact of your work.

• What made you take on this project? What areas of school climate and community did you think needed improvement?

• How did the project planning phase go? Were there any unexpected challenges or victories?

• Who were your “key people,” or the people that your inspired team needed to get the job done?

• What do you think other students thought of your inspired project? What impact did it have on your fellow students?

• How has your inspired team grown or changed during this process?

• What was the impact of your inspired project on your entire school? Were you successful in addressing the areas of school climate that you had intended to improve?

• If you were to repeat your inspired project, what might you do differently?

• How can you keep your project alive and continue to improve school climate?

To finish your discussion, have each of your inspired team members share one thing that they took away, learned, or enjoyed about your inspired project. Be sure to compliment your team members and educator advocate on their hard work.

Finally, give yourself a pat on the back for a job very well done!
Get Ready to Re-Assess

Use the information from your Team Reflection and Teacher/Administrator Feedback Survey to make recommendations for your next project or next year!

Things That Went Well:

Things That We Could Change or Do Differently:

Ideas for Possible Future Projects:
What Counts as a Win?

What if our administrator didn’t approve the project we wanted to do? What if our end result wasn’t the way we imagined it? Success is more than perfectly planning and executing your first, biggest, boldest idea.

You Might Need to Consider...

- What obstacles did we face that we hadn’t expected? How were we able to handle them when they arose?
- How did you know if your solutions to problems worked? What can you do if they didn’t?
- How did you keep yourself up-and-running when things got tough, or when you felt less motivated than you do now? Who did you lean on to support you? What will you revisit to amp up your inspiration?

Maybe you have to scale down the idea you wanted to do - that’s okay. Say you didn’t reach your goal of hosting a campus-wide school beautification day but you did successfully create, print, and post flyers to raise awareness about recycling and littering. Maybe you also learned how to make a budget for your event and pulled together the materials you would need to host the event. Next year, you won’t have to start from scratch and are already that much closer to your goal.

If an obstacle gets in your way, work as a team to adjust and continue in the face of it.

A win is anything you can do that improves your school and empowers students’ voices.

Big or small, the work of your inspired team is important and you started to succeed the moment you began influencing your community for the better.

The team at inspired is here to support you and cheer you on! Contact us at inspired@fb.com if you would like coaching.
Recognition and Celebration

Everyone likes to be recognized for their contributions and accomplishments. It shows people that their efforts are important to the goals and success of the whole inspirED team. At the end of the year, take some time to celebrate and recognize the hard work of inspirED team members. Invite all team members, your advisor, and administrators and celebrate your success together. You deserve it!

Here are some celebratory suggestions:

A-Z Accomplishments
Work as a group to brainstorm one thing for each letter of the alphabet that speaks to your team’s accomplishments for the past year. Write it on a big poster board and have everyone sign around the edges, and hold it up to pose for a team photo! You can post your team and all your accomplishments to Facebook or Instagram using #FBinspirED! Be sure to tag us as well @fbinspirED for a chance to be featured!

Good Press
Contact a local news outlet or your school newspaper and see if they will create a piece about your accomplishments this year! Ask if they are willing to interview team members, bring a photographer, and speak with your administrator. Your inspirED team can get a copy for each member and to save at school! We would love to celebrate you too. You can email us at inspirED@fb.com or post on our Facebook page at www.facebook.com/fbinspired to tell us about the impact you created with all of your hard work!

Paper Plate Awards
Write and decorate a superlative or award on a paper plate! For example, you could give a teammate the award for “Perfect Attendance at Every Meeting” and decorate with check marks and 100% emojis. Your team could choose names from a hat for everyone to give someone else an award. Host a mini-ceremony where each award is announced and presented.

Pat on the Back
Help each other to tape pieces of construction paper or cardstock to the back of each team member’s shirt. Put on some background music, give everyone markers or pens, and spend some quiet time walking around the room and writing on everyone’s paper. Focus on the positives- write a word or phrase that describes something you really respect about a team member, something about them that makes you feel grateful, or something that they did this year that was really impressive. Everyone gets to take their paper home as a keepsake! This also works with blank t-shirts and fabric markers.

Wall of Fame
This is similar to Pat on the Back but uses different materials. Have each team member stand in front of a whiteboard or chalkboard while the rest of the team writes around them. When the writers are done, photograph each member in front of their wall and give everyone a copy. This activity also works by writing names, hanging them on the wall or board, and having team members attach sticky notes around each name. You can compile the photos into a collage or photo book as a mini-inspirED yearbook. You can post your collages to Facebook or Instagram using #FBinspirED.

 Advocate Thank You
After a year of support, your advisor deserves some recognition and thanks! Brainstorm ways to show your appreciation. Maybe you make a photo collage of the inspirED team that they can display in their classroom or office. Handwritten notes and cards are always appreciated and go a long way to show your gratitude.
In addition to your team discussions, you might want to ask the faculty and administrators in your building how they think your project went. Feel free to copy this page, fill out the first two blanks, and ask some key people for their insights.
Dear ________________________,

You are receiving this survey because our inspirED team recently completed our inspirED Project and would like to receive your feedback. The goal of inspirED is to improve school climate and increase the positive emotions that students feel at school every day.

Please fill out these questions to the best of your ability.

Our inspirED Project was: __________________________________________________________.

1. In your opinion, what about the project went well?

2. In your opinion, is there anything about the project that could have been improved?

3. To what extent did inspirED team members demonstrate leadership skills throughout this project?
   ___ not at all   _____ slightly   _____ moderately   ____ strongly

4. To what extent was the inspirED Project successful in promoting positive school climate?
   ___ not at all   _____ slightly   _____ moderately   ____ strongly

5. What additional feedback do you have for our inspirED team so we can improve our next project?
Congratulations!

You have followed the inspirED Process and completed an inspirED project! You are on your way to creating a more positive climate for your community, and the entire inspirED staff is here to celebrate all of your successes! Please make sure you stay connected to our staff, and reach out for help whenever you need it throughout the process.

You can connect with other students around the country who are empowered to create change by joining the Student inspirED Changemaker group on Facebook: 
https://www.facebook.com/groups/inspiredchangemakers/

Educators: You are your student’s biggest advocate, but sometimes you need to think through challenges or get inspired. We have you connected as well with like minded educators around the country through our inspirED Educators group on Facebook: 
https://www.facebook.com/groups/inspirEDeducators/

Looking for more inspiration? Connect with us on Facebook at facebook.com/fbinspired and on Instagram by following @fbinspired, and reach out to have your team recognized in front of the entire inspirED community!

You can always join in the conversation by using #fbinspirED, and tagging us on Instagram by using @fbinspirED.

If you find yourself stuck, and want to connect with our team at the Yale Center for Emotional Intelligence, please email them directly at inspired@yale.edu.

We have amazing opportunities throughout the year to celebrate your team, so be sure to share back early and often! To connect and be recognized by sharing your experience, you can reach out to us at inspirED@fb.com.

Thank you for making a difference with inspirED!