



# Positive Post-Its

A spirit boosting activity for families

If we aren't careful, loneliness and negative energy can begin to creep into our daily lives. This is especially true during quarantine. The Positive Post-Its activity is a great way to combat this. It creates a daily ritual that promotes sharing good vibes.

## Items Needed:

Post-It Notes  
Marker/Pen

## Directions

First pick a highly visible wall in your home. Next, using the post-it notes begin writing messages to your housemates or loved ones you are missing. Write sayings that motivate or give you hope.

You can also draw pictures of what makes you smile.

Continue adding positivity to your wall daily!

