

Heart Hunt

Peer Helpers can create heart-shaped notes and place them in visible locations throughout the school to encourage both students and staff.

Each heart can feature a specific act of kindness or an encouraging prompt such as:

- ♥ “Give someone a high five”
- ♥ “Thank a teacher”
- ♥ “Ask someone about their day”
- ♥ “Tell a friend why you’re proud of them”
- ♥ “Check in on someone you care about”



To further inspire the school community, students can also include uplifting quotes and positive messages on the hearts. This activity becomes a visual reminder that *small* acts of kindness can make a **big** difference. The Heart Hunt is an easy, student-led way to strengthen school culture, promote connection, and support the overall well-being of peers and staff alike.