

SEPTEMBER AGENDA



G-FORCE

G STANDS FOR GRATITUDE

1. Explain responsibilities. Show video (https://youtu.be/0rF8_Te69gw) and or distribute description of responsibilities (<https://ustrust.org/tcg/wp-content/uploads/2021/09/G-Force-Info.pdf>).
2. Explain method of communication (google classroom or posting info).Utrust will set up a google classroom upon request.
3. Inform G-Force members to which group they've been assigned (Group 1-7)
4. Encourage G-Force members to update their chart or google classroom entry so they have a chance to win \$100 each semester by recording two personal contacts and two successful contacts by a classmate you have tagged each month. There will be five (5) \$100 prizes given out each semester. (See the "[G-Force Report of Employees Contacted](#)" chart included in this packet.)
5. Play the Gratitude Game with the G-Force students:
Supplies needed: individual snack size Skittles (or M&Ms)
How to Play the Gratitude Game:
Each student gets a snack pack of skittles. Have students sit with their group (1-7). Have them go around and share the following according to the skittles colors they have (you may want to write this on the white board):
Red - Person they are thankful for
Orange - Place they are thankful for
Purple - Food they are thankful for
Yellow - Something they are thankful for
Green - Anything they are thankful for
6. Have students briefly meet with their group (1-7) and see who they will be thanking in October. Brainstorm any ideas for what/how they can share a verbal thank you to these staff members.
7. Remind students that 6 or more appreciation contacts by the end of November enters them into a drawing for one of five \$100 cash prizes.
8. Have G-Force members make a list of students in their class and determine which students they will invite to express thanks to which employee each month of the semester. Try to involve every student in your class sometime during the year.
9. Talk to the G-Force members about tools to thank the employees. For more information, see the chart in the G-Force packet entitled "[Chart 3: G-Force Monthly Mission: What to Look for and Compliment by Employee Group](#)".

OCTOBER AGENDA



1. Ask students to share brief reports about their contacts and responses from September. Discuss any successes or challenges.
2. Show the following video to your students:
<https://www.youtube.com/watch?v=Ahg6qcgoay4>
Discuss with your students that what we look for and focus on we will find. What are they looking for in staff around your school? If they look for the positive, THEY WILL FIND IT. Encourage students to look for specific positive things they can share with their employee group for October. Continue any good discussion about the video and students' thoughts on it.
3. Have students briefly meet with their group (1-7) and see who they will be thanking in October. Brainstorm any ideas for what/how they can share a verbal thank you to these staff members.
4. Remind students that 6 or more appreciation contacts by the end of November enters them into a drawing for one of five \$100 cash prizes.

NOVEMBER AGENDA



1. Ask students to share brief reports about their contacts and responses
2. ABC's of Gratitude Activity
 - Students can work in their group (1-7) to complete the attached ABC activity. Please make enough copies for your students. Give a time limit and at the end of the time, see what group has the most answers. You can give a prize to the group that wins (if you would like). If you have a tie, look at one of the more difficult letters and have the whole group decide best answer. :)
 - Discuss how natural it is during the month of thanksgiving to show gratitude to others!! Encourage students to show gratitude not just at school but EVERYWHERE!!!
3. Have students briefly meet with their group (1-7) and see who they will be thanking in November. Brainstorm any ideas for what/how they can share a verbal thank you to these staff members.
4. Remind students that 6 or more appreciation contacts by the end of this month enters them into a drawing for one of five \$100 cash prizes.

GRATITUDE from A to Z!

Use every letter of the alphabet to think of something you are grateful for



G STANDS FOR GRATITUDE

A	
B	
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DECEMBER AGENDA



G STANDS FOR GRATITUDE

1. Ask students to share brief reports about their contacts and responses
2. Celebrate the contacts made by the students in the previous months and G-Force. Adviser, please thank the G-Force students for their work.
3. Honest Thank You's Activity:
 - Supplies needed - any random gift items that your students might receive for Christmas (but it may not be something they really like for ex. sweater, socks, silly toy, etc)
 - With Christmas around the corner, you will all be receiving gifts. But what about a gift you may not be thrilled with. Discuss that you can still say an HONEST thank you. Practice looking for the positive. You can do this by playing a game:
 - Hold up something (one of the gift items)
 - Ask your students what they could say if someone gave them this item as a gift?
 - Brainstorm 3-5 positive expressions. Create a word cloud or list.
 - Whoever comes up with the most ways to be thankful wins!
 - Winner gets to pick the next time.
 - Have fun and remind students to focus on thought and not just the gift.
4. Have students briefly meet with their group (1-7) and see who they will be thanking in December.. Brainstorm any ideas for what/how they can share a verbal thank you to these staff members.

JANUARY AGENDA



1. Jump right into the team building activity - it takes a bit of time.
2. Team Building Activity: The objective is to use a bag of balloons and roll of masking tape to build the tallest freestanding tower possible in the time allotted. Divide students into their groups (1-7) and give each group one bag of balloons and one roll of masking tape.
3. Allow a couple of minutes of brainstorming and planning. When you say "Go!" the tower building can begin. Let the teams build for 10 minutes (depending on how much time you have), giving time announcements at five minutes, two minutes and one minute remaining. At the end, whichever team has the tallest freestanding tower is the winner. Feel free to give prizes, then discuss these debrief questions:
 - What worked for your group? What didn't? How did you know?
 - What was challenging? How did you deal with those challenges?
 - How do you feel about your finished tower?
 - How is this activity like working as a team this year to show gratitude?
4. Have students briefly meet with their group (1-7) and see who they will be thanking in January. Brainstorm any ideas for what/how they can share a verbal thank you to these staff members.
5. Remind students that 6 or more appreciation contacts by the end of this April enters them into a new drawing for one of five \$100 cash prizes.



FEBRUARY AGENDA



1. Ask students to share brief reports about their contacts and responses
2. Activity: Thank You Note Kit - This month, make a Thank You Note Kit for your G-Force members to use at the meeting. You can include card stock, colored envelopes, markers, colored pens, stickers, stamps, blank cards, etc. Have students create thank you notes to be given out this month to their assigned group. You can make your thank you notes Valentine related for extra fun!
3. Students should also be verbally thanking staff members but also giving them the written/drawn notes as well.
4. Have students briefly meet with their group (1-7) and see who they will be thanking in February. Brainstorm any ideas for what/how they can share a verbal thank you to these staff members.
5. Remind students that 6 or more appreciation contacts by the end of April enters them into a drawing for one of five \$100 cash prizes.

MARCH AGENDA



1. Ask students to share brief reports about their contacts and responses
2. Monthly Activity is to focus this month on getting to know each other by pairing up students and giving them the conversation starters on the following page. **(Before the meeting print out a copy for each G-Force student.)** Encourage them to use the name of the other person when asking them the question and looking at them when speaking. This will help students improve verbal communication skills.
3. Have students briefly meet with their group (1-7) and see who they will be thanking in March. Brainstorm any ideas for what/how they can share a verbal thank you to these staff members.
4. Remind students that 6 or more appreciation contacts by the end of April enters them into a new drawing for one of five \$100 cash prizes.

What has been the happiest day of your life so far?

What is your favourite movie? Why?

CONVERSATION

What kind of music do you like?

What is the best thing to do on a rainy day?

STARTERS

What job would you like when you are older?

What is the one thing you couldn't live without?

APRIL AGENDA



G-FORCE

G STANDS FOR GRATITUDE

1. Ask students to share brief reports about their contacts and responses
2. Today our Activity is about Non-Verbal Communication and how we are always communicating even without words. We have an activity that requires no supplies, just instructions.
3. In this team-building exercise a group of students are told that they will have two minutes to line up in a particular order without speaking or making any noise. They will then be told to line up according to a certain criteria such as birthday, alphabetically by middle name, by height, by shirt color, etc. The leader should keep the instruction relatively vague and let the participants determine how to use the criteria and in which way the line should go. For example, if the leader says, "Line up by hair color," she should let the participants decide in what order the colors should go. This exercise can be repeated several times and often provides a fun way to encourage people to make decisions, communicate non-verbally and take on different leadership and organizational roles. With younger students you can allow them to talk if communicating non-verbally is too difficult.
4. Discussion questions to follow:
 - Was it hard to follow directions without being able to talk?
 - Why is nonverbal communication important?
 - When you are thanking someone, what kind of nonverbal communication is often used? How can that help someone believe you are truly thankful?
 - Can nonverbal communication be a barrier in thanking someone? If so, how? Consider your nonverbal communication as much as the words you are saying. Be sure you make eye contact, smile and speak clearly when you are showing gratitude to a staff member.
5. Have students briefly meet with their group (1-7) and see who they will be thanking in April. Brainstorm any ideas for what/how they can share a verbal thank you to these staff members.
6. Remind students that 6 or more appreciation contacts by the end of this month enters them into a drawing for one of five \$100 cash prizes.

MAY AGENDA



1. Ask students to share brief reports about their contacts and responses
2. Have students briefly meet with their group (1-7) and see who they will be thanking in May. Brainstorm any ideas for what/how they can share a verbal thank you to these staff members.
3. Celebrate how grateful you are for all the work your G-FORCE students have done to create a climate of gratefulness in your school with a year-end party!!! Remember that certificates are available for you to print and give out to students at this time or at awards ceremony.