**Positive Affirmation & Compliments**

GMSD Staff Wellness Initiative

\*Help us to highlight the importance of social and emotional health by participating in this staff wellness initiative. We’re encouraging all GMSD staff members to complete this by December 17th and have placed in your school building for all to see!!

On an index card or similarly sized paper, please complete the following using two different colors of your choosing:

1. Index Card #1: A positive affirmation for yourself. Describe something that you do well and are proud of!
2. Index Card #2: A compliment about any staff member in your building that you would like to share. Tell us something this individual is great at or something that makes them special.

\*Keep these anonymous (both affirmations and compliments).

\*Have both index cards be different colors to make for a more colorful backdrop wherever these end up being displayed in your building.

\*Share your building’s “Compliment Wall” with us once it gets going so we can highlight it!!

