# The Compassion Project

**Project Name:** A, M

Egg Messenger

# Project Timeframe:

Feb. 11 (11-02-2019) - Feb. 22 (22-02-2019)

# Project Location:

Windermere Secondary and Grenfell Elementary School

# Detailed description of the project including what you hope the project will accomplish, how it contributes to the community, and clear project goals/objectives

Egg Mesenger is a project committed to establishing positive emotions between schools to help build strong relationships between positive well-being. Our project will run at Grenfell Elementary School. Our objective is to build a more sturdy relationship between high schoolers and elementary schoolers, utilising messages of kindness. With these messages, we also want to help build a more healthy well-being and a more confident person.

For our project, we plan to use plastic easter eggs and design them with different colours. After that, we would write random words of encouragement and kindness on little slips of paper and stick them under the rocks or inside the easter eggs. Then, we would put them in a bucket/basket with a sign that says “pick one” and leave it at Grenfell Elementary for three days. (see Project Work Plan for more detail)

From our past experiences and from talking to others, we’ve all had bad days where we don’t think very highly of ourselves. Whether it would be from the stress of school, stress from family and parents, being bullied, etc. Hopefully, our project can be used help people bounce back from these challenging times by giving them kind words of encouragement.

In terms of long term goals, we hope to establish a stronger bond between high schoolers and elementary schoolers. This will also help boost elementary schoolers self-esteem and help build the confidence of the grade 7s, as they transition into high school. We hope that these messages will help give a sense of security when they transition to high school in the future. We also hope to strengthen the bond between Windermere with our catchment school, Grenfell.

In terms of short term goals, we hope that these messages will help contribute to positive well-being and give students the extra push to complete an overwhelming day, and could momentarily give then a sense of comfort and joy. Lifting up their emotions on a difficult day where they might be feeling down can really push the idea about how our community works and that we are there for them.

# How and who will your project impact?

Our project will mainly impact the students of Grenfell Elementary. We will drop off the box of eggs at Grenfell (with the principal's permission) for the students to take one and read what’s inside the egg. This would hopefully especially be more impactful towards the grade 7s, as they are probably going through a very stressful time with their transition to high school. The eggs would be put out for everyone, so anyone from any grade could take one and read what it has to say, and hopefully brighten up their day.

# How will you measure the success of your project?

We will measure the success of our project, Egg Messenger, by comparing the amount of rocks we started with, to how many rocks are left. Success could also be measured by the number of students from Windermere who participate in writing positive messages. The more people participating will signify the success of our project.

# What experiences do you have that will support the successful delivery of the project?

In previous years throughout our leadership and elementary school experience my partner and i have been exposed to various activities/projects/workshops similar to our project. The many workshops we have led and projects we have completed helped us gain experience, such as organizing events in Student Council in elementary school, making a compassion chain in grade 4 that included words of encouragement, and leading workshops in Leadership. From our experience throughout the years, we believe we have the skill to complete our project successfully.

# Project Work Plan:

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| **Date** | **Activities** |
| February 11-12, 2019 | Collect and gather supplies (plastic eggs, paper, colourful pens, bucket) for project. Start promoting the project through social media and getting digital messages from people through Instagram. Go over work plan to ensure everything runs accordingly to plan. |
| February 13-15, 2019 | Design the plastic eggs, go around the school and get students to write anonymous words of encouragement (ex. you’re awesome, never give up, keep going, etc.), put the slips of paper inside the plastic eggs. |
| February 19-21, 2019 | Leave the bucket of plastic eggs outside the office (with principal’s permission) at Grenfell Elementary with a colourful sign that says “Take one” for three days. |
| February 22, 2019 | Take the bucket of eggs home and measure our success by counting how many rocks we have left compared to whatwe started with. |

**Describe in detail your plan to promote your project? (include in timeline)**

We will promote our project through social media, such as Instagram post and stories. On social media we will show what our project is about, how it affects our community in a positive way, what our objective is and how Windermere can contribute and participate in Egg Messenger.

During lunch we will be walking through the hallways of Windermere to further promote our project and getting people who want to help to write signs of encouragement on slips of paper.

* Through social media posts (Instagram/Facebook)
* By walking through the hallways of Windermere to gather messages

# Project Proposal Summary

Our project, Egg Messenger, is dedicated to promoting positive well-being of students, and to strengthen the relationships between high school and elementary students, specifically Windermere and Grenfell. We are students from Windermere Leadership who are passionate about helping our community and strengthening the bonds between younger students, because we understand the struggles they are going through, that’s why we want to lend a helping hand by giving them encouraging messages to show that we care. We also want to strengthen our connection with elementary school students. We have lots of experience with these kinds of projects through our time in the Leadership program, and my partner and I have worked together for many years, such as Student Council in elementary school, WCP, Safety Patrol, Library Monitor and many more because we have always had a passion for helping others. Egg Messenger is unique because we are not just trying to build relations within our school, but we are reaching out and trying to building relationships in our community. Even though these

messages may not seem like a big deal, they are something that really puts a good effect on the students, showing our care and passion for others.

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| **Outputs** | **Short-Term Outcome** | **Long-Term Outcome** |
| Compassion messages | -boosting one’s self-esteem for a day-brighten up their day-give them a sense of comfort and joy at that moment-gives an element of surprise when they read the message | -these messages were created by Windermere students, and will not be easily forgotten when they go through a hard time-because of the hard work we spent on it, when they enter high school, they will feel a sense of security and support from others-the art and designs of the egg will perhaps be more memorable and rememberthe message in the future and feel comforted |