

Compassion Project proposal

Happiness with hearts

Start to end: Jan 22- Feb.16

What we hope this will accomplish

Throughout this project, we hope that it brings the people who decide to take a note just a little more joy in their life and we hope they know they are not alone even on the darkest days of their life. We also hope that this will help people to get through there day and just add to it. It's a little note to make someone know that they are appreciated and cared for even by a stranger. We want to make the school atmosphere just a little bit better one note at a time. We also hope through this project that other people have the courage to do something to show compassion to others. All we want to really do is make people happy. We hope that when people see the hearts on the wall they know that people care about them and want to make there day better. We also just want to give the students a little treat. I want people to walk away with the sense og=f happiness and the sense that they can do it and they can get over there problems or there rough day.

How it Contributes to the community

It will impact the community by just making it a little brighter by having the hearts as a symbol of compassion and joy and also adding a little color in the world because the hearts would be a good little decoration as well. It would also maybe inspire other people to show their compassion to others in the community and the hearts have a great message behind it. The message behind it is that you will always need a little love in youtr life and you are not alone.

How it will run

Well we will put up the 3-4 hearts with about 80 messages in each and thoughtout the week of Valentines they can pick up a geart read it and then we will have a survey on the back of the heart that they can either awnser online or awnser on the back and put it in to the little bag on the side. At the end of the day we will pick the hearts in the bowl and count to see how many people have taken form the hearts . Some of the messages will be

-Take care of yourself and be who you truly are people love you for who you are no matter what they say you should be yourself and everything will work out be true and be you.

-Life will throw a lot of Challenges at you and It will be a lot to handle but I know you can do it and I know you can succeed

Goals/ objectives

The goal is to make people happy when they are not having a good day and they can just read a nice caring note and feel better about themselves. We hope to see that the people at Windermere are happy and positive about school and their life. We think that people need to feel oved and people

need to feel like they actually have so one there for them studies show that loving and caring bring less depression, less anxiety and less stress. We feel that it is important to show people that we care because when we need it they will be there for us

Who and How will it impact

We hope that It will have a positive overall impact on the Windermere community. It will impact student by just giving them a little bit of happiness to brighten their day and to making it so that they know they are loved and cared about. When they open the notes we hope they feel like they can get through there day and we hope with doing this project that other people will take from the project and show compassion and kindness to others as well.

How will you measure the success

We will put a little survey link on the hearts and also a little survey on the hearts so if they take the survey they can just put it in a little bag on the side of the heart

The kinds of questions we would ask would be:

- What can you do to show compassion i your community
- Did this message help you in anyway
- Write a message for someone else that might be struggling
- Do you feel happier

Materials we will need

- Cardboard strips
- paper for hearts
- paper for notes
- Hersey's Kisses

Project work Plan

Jan 27	Hand in to get approved
Jan 28-29	Work on poster
Feb 2	Start to make hearts and notes
Feb 3	Buy Chocolate kisses
Feb 5	Put poster out
Feb 6	Post a facebook post
Feb 4-7	Work on
Feb 8	Put up the Hearts
Feb 15	Take down hearts + collect all survey results and do project goals completion form

Promotion

- Making a poster for it and putting it up a week before
- Make a Facebook post

Project proposal summary

We are 2 Grade 10 student In the Windermere Leadership program just trying to make a difference in the world one message at a time. We have been volunteering our time ever since we got into high school by helping to do our school recycling and helping to run the Renfrew ravine moon festival and so much more. We are dedicated and hard-working student that want to make a difference. We have had so many amazing opportunities in our lives like being able to go on camp and being able to have experience most high school kids would only dream of we are so lucky and we just want to give back to our community This project really means a lot to both of us because we have always been told that even the littlest things make a big impact and that is exactly what we intend to do with this project. We know it is not much but we know that if it makes even one person a little happier we have done our part.

Outputs	Short-term Outcome	Long term outcome
The notes	<ul style="list-style-type: none">- being happy for a day or a shorter period of time when they get the note- they will feel better and more happy for the day- They will feel a little better because they ate chocolate while reading the note	<ul style="list-style-type: none">- It will help improve their happiness overtime with them knowing that someone took the time to make it for them- It might make the community better because they might get the urge to do something compassionate for another

	<ul style="list-style-type: none">- Better wellbeing for the day	<p>person. It might also make the community more together and stronger because people are happier and</p> <ul style="list-style-type: none">- It could help spark the thing they needed so they could keep going and keep being happy
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