

Name: Power Flower

Project Timeframe: Start (4-2-2019) End (14-2-2019)

Description / How it will run:

Power Flower is a workshop designed for high school students in our school to show more thoughtfulness, care, and kindness towards Windermere's life skills class - while also working to encourage a more positive school environment. Our main goal with this project is to work to bring our community (high school students in Windermere) together and encourage students to express compassion and love for a group of students that are often overlooked. Also, we hope that students in our school will understand how small actions like folding a flower and writing a simple and positive message can have a positive impact on the person in the receiving end.

This will be a two-day workshop that would take place at Windermere Secondary in either room 211 or room 316 during the week of February 11 or February 18. In our first lunch hour workshop, participants will take part in an origami Lily folding activity. Students will be asked to write a kind message on a piece of paper, which will be screened and checked so the receiver will find a message that will definitely brighten up their day. Our participants will then follow our lead and instructions on how to fold it into a Lily. After ~25 flowers have been folded, we will hopefully be able to put the Lily's together in the shape of a bouquet.

In our second lunch hour workshop, students will be invited back to help with the final completion of this project. The participants will continue the process of folding flowers and also placing a heart lollipop in the middle of the flower *or* begin the process of assembling the power flowers into a bouquet. Before the lunch hour ends, the bouquet of flowers will be delivered to the life skills class. *The students of the Life Skill class will be able to take a Lily from the bouquet and have the option to keep the flower the way it is or to open up the flower and see a kind, positive and encouraging message.*

Reason:

As students part of the Windermere community, we feel like the life skill class/ best buddies club is often overlooked by the rest of high school students. After attending the best buddies club a couple of times in the past, we came to the realization that this club does not seem to spark the interest of mainstream students. Windermere's Life Skills class seems to be frequently ignored or forgotten by the rest of Windermere's students, therefore, our project wishes to change the idea, and hopes the Life Skills class will understand that many more people in the school that does recognize and care about them.

What you hope this project will accomplish:

Short Term Goals: In terms of short term goals, we hope that we will bring enough members of our school together to create a large bouquet of origami flower. We hope to connect and bring different groups in our school closer together by having our participants fold flowers for the life-skills class. Also by doing this, we hope that an immediate effect will be making the school a more positive place. While doing the thinking and writing a positive message portion of the workshop, we hope that participants feel good knowing that their kind message just made someone's day better. At the receiving end, we really hope that these flower will brighten up the day of the students of the life-skills class and it will make them feel happier.

Long Term Goals: In terms of long term goals, we hope that after participants finish this workshop, they will understand how small actions like folding a flower and writing a simple and positive message can have a positive impact on the person in the receiving end, while also having a positive impact in the school community, therefore, they would maybe take on a project like this in the future. Another long term goal is that we hope that the students in the Life Skill class will realize that there are people in the school community who do care for and love them.

Challenges:

Problems We Could Face	Solutions
1. Not finding enough participants for our workshop or finding participants from different grades b/c our project may not seem as interesting.	- While we are going around at lunch, really push that they can help make Windermere a more positive environment by just simply writing down a positive message and folding it into a flower.
2. Participants not showing up.	- Attract potential participants by giving food and snacks during workshop.

How and who will your project impact? - The community impact

Our project hopes to create an impact by creating a more positive school environment. Our project also intends to impact the life skills class of Windermere, by sending a message to the students class that they're not forgotten by the rest of Windermere, and that there are people who do want to show some love. This project also intends to brighten up the day of the students in the life skills class. At the same time, we hope to display a simple message to everyone else in the school of how a small act of kindness may have a huge impact on a group of students who are often overlooked.

How many community members do you expect the project will bring together and how?

For our workshop, we expect to recruit around 10-15 participants from different grades. One of our challenges is knowing that not many high school students would spend their lunchtime folding origami. Therefore, in order to attract participate, our strategy to bring and connect students together through snacks and food (like popcorn and chips).

Describe in detail your plan to promote your project?

Our team plans to promote and send out the message of our project in two different ways. Throughout Valentine's week, we will be promoting our project through social media, such as posting on our Instagram story. We intend to share the information about our project, such as workshop dates and also really encouraging and pushing the idea of how people can create an impact to the school by showing compassion and love towards a group of students that we feel is often overlooked by everyone else. During the same week, we will also be walking around the school during the lunch hour to promote our project and also to find and encourage people to join our workshop, while sending the message that they can help create an impact in the school.

How will you measure the success of your project?

The success of our project depends on the number of students who decide to participate in our flower folding workshop. We will measure success by the number of participants who will show up to our first workshop, and the number of participants who decide to come back for the second workshop. At the end of the workshop, participants will also be asked to take a survey and asked questions like: "Do you feel like you did something that made the school a better place" and "Will you do something like this again in the future, with us or by yourself."

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

In the past, we have learned to fold origami Lily flowers, and have taught it to a few people. We also believe that our successful experiences doing past workshops and WCP programs, such as arts and crafts, will help us lead our workshop without a problem. We feel like we understand our own age group well, so it will help us recruit and engage with our participants more easily. Also, through our past experiences participating in the best buddies club, we believe that our project will help reach our goal of giving the life skills class a sense that there are a lot of people that do care about and not overlook their class.

Cost of Materials for the project / Planned Expenses:

Origami Paper: ~\$3 for 50+ pieces

Pipe cleaners: ~\$2 for a bunch at Dollar Store

Tissue Paper: ~\$2

Heart Lollipops: ~\$2-3 for a pack

Food and Snack: ~ Under \$5

Project Work Timeline:

Date	Activities
Feb 11 to Feb 14	Promote our workshop. Our team will go around the school during the lunch hour to find participants. Also posting on social media daily to attract attention to our workshop.
By February 13, 2019	Gather all the materials needed. This includes getting Origami Paper, pipe cleaners and also snacks (chips)
February 21, 2019	Workshop #1: Participants will learn about creating a more positive school environment, and also learning to fold an origami Lily flower with a positive written message.
February 22, 2019	Workshop #2: Participants will continue to fold flowers and also help to assemble the bouquet of flower together. By the end of the lunch hour, the bouquet will be delivered to the life skills class by the participants.

Power Flower (Origami Lily) Workshop:

<https://www.thesprucecrafts.com/easy-origami-flower-4091998>



Materials:

- Origami Paper
- Pencils/Pens (To write and to curl the petals)
- Pipe cleaners as the stem
- Heart Lollipop for the core of the flower
- Tissue Paper as the wrap

Lesson Plan:

<i>Time</i>	<i>Activity</i>
Pre-activity	Prepare and take out the needed materials. Put tables closer together so everyone can hear the facilitator more easily.
11:40 ~ 11:45 (may be extended)	Discuss about why we are doing this project and how a project like this can create a more positive school environment <i>Example:</i> We hope to send out a message to a life skills class that there are other students in the school who care about them, and also that they are not always overlooked by everyone. <i>Example 2:</i> This project can create a more positive environment by sending out kind messages to the life skills students. At the send time, we will display a positive message of how small actions can have a big impact.
11:45 ~ 11:50	Show a demonstration of how to fold the flower
11:50 - 11:55	Brainstorm Positive Messages that can be written on the flowers. (Make sure to check the messages before folding) Examples: "You are a rockstar" "You are amazing" "You are the best"...
11:55 - End of Lunch	Pass out instructions and redo demonstration step by step. Go around and help everyone, help people stuck in a step.
Day 2 - Lunch	Keep folding flowers, tie flower, wrap around with tissue paper. Deliver.

Project Summary Form

Power Flower is project done by two students in the Windermere Leadership program. Our project intends for high school students in our school to show more thoughtfulness, care, and kindness towards Windermere's life skills class - while also working to encourage a more positive school environment. We have participated in past Best Buddies club where we worked alongside with the skills class. We believe that it's a need to do this project because we feel like the life-skills class is overlooked far too often by the rest of Windermere's Student. Our team will run a two day workshop where participants will have the opportunity to create "power flowers" (a folded origami Lily with a kind and positive message inside), which will be delivered to the life-skills class. We really hope that our participants understand how small actions like folding a little flower and writing a kind message can have a positive impact on the person receiving it, and also the school community. Our project could be a starting point of spreading positivity, where the participants of our workshop, may take on a project like this in the future.

Output	Short Term Outcome	Long Term Outcome	Will be measured by
Participants folding origami flowers for the life-skills class / High school students participating in this workshop	<ul style="list-style-type: none"> - Bringing the community together to do someone good. - Fold enough flowers to create a big, beautiful bouquet. - Making the school a better more positive place 	<ul style="list-style-type: none"> - Participants understand how small actions, like folding a flower can have a powerful impact in creating a more positive environment. - They may also do a project like this themselves. 	<ul style="list-style-type: none"> - Participants will be asked to take a survey at the end of workshop - Record how they feel while and after doing the workshop
Participants thinking and writing down positive messages	<ul style="list-style-type: none"> - Participants feel good knowing that their kind message just made someone's day better. 	<ul style="list-style-type: none"> - Participants will keep on writing positive, kind messages to their friends or loved ones. 	<ul style="list-style-type: none"> - Participants will be asked to take a survey at the end of workshop.
Life-skills class receiving the origami flowers	<ul style="list-style-type: none"> - Brighten up the day of the students - Students will feel happier 	<ul style="list-style-type: none"> - Recognize that they are not always overlooked by everyone else in the school. 	<ul style="list-style-type: none"> - Most likely be asking the care workers/ teachers about how the students felt.