



Post-It Positivity Wall

Facilitation Guide

Welcome & Set the Tone (3 minutes)

Suggested Script:

“Welcome! Today we’re creating a Post-It Positivity Wall, a shared space for kindness, encouragement, and uplifting messages. This is a simple, creative activity rooted in community care. Participation is anonymous, and everyone is invited to share in a way that feels comfortable.”

Briefly review expectations: kindness, inclusivity, and respect.

Activity Overview (2 minutes)

Explain the process:

- Write affirmations or encouraging messages on sticky notes
- Add them to the Wall of Positivity
- Read others’ messages as the wall grows

Encourage participants to write more than one note.

Wall Building (15–25 minutes)

Participants write and post notes at their own pace.

Prompt Ideas:

- *“What do you wish someone had told you on a hard day?”*
 - *“What words help you feel grounded or hopeful?”*
 - *“What message might someone need right now?”*
 - *“What reminder supports self-worth or belonging?”*
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Community Reflection (Optional – 5 minutes)

Invite light reflection (no personal sharing required).

Prompts:

- *“What themes do you notice emerging?”*
- *“How does it feel to see so many supportive messages together?”*
- *“Did any note stand out or resonate with you?”*

Reinforce how language can shape connection and care.

Closing & Takeaway (3 minutes)

Suggested Script:

“Thank you for contributing your words and energy to this wall. These messages are a reminder that support can be shared in small but powerful ways.”

Invite participants to **“take what they need”**. They may remove a Post-It that speaks to them or take a photo of messages they want to keep.