



WHAT IS THE **G-FORCE?** AND WHAT DOES IT DO?

THE G-FORCE CONSISTS OF TWO STUDENTS FROM EACH CLASSROOM OR HOMEROOM. THEIR JOB IS TO CREATE AN ATTITUDE OF GRATITUDE WITHIN THE SCHOOL AND TO MAKE SURE EACH SCHOOL EMPLOYEE RECEIVES EXPRESSIONS OF GRATITUDE THROUGHOUT THE SCHOOL YEAR, NOT JUST ON THEIR APPRECIATION DAY.

4 **G-FORCE** tasks

1. Give your contact information to your school's G-Force Adviser. Be sure to share the best way to communicate with you. This will ensure you know what is being asked of you for the monthly assignments and each appreciation day.

2. Select one classmate each week to express thanks for something specific or do an act of kindness for an employee in the group you have been assigned for that month.
3. Your goal is to make sure everyone in your class expresses appreciation to at least one school employee at some point in the year through the monthly assignments. Their expression of appreciation may either be written, oral or through an act of kindness.
4. Promote activities in your classroom for the eight appreciation days. Get assignments from your G-Force Adviser two weeks before each appreciation day.

HOW WILL THE **G-FORCE** PROMOTE AN ATTITUDE OF GRATITUDE?

As a G-Force member, you should ask your teacher to allow you a few minutes from time to time to promote participation in appreciation activities. Use fun ways to get your classroom students involved.

Changing the culture of your school is dependent on how well you do your job. The more involvement you get from your classmates, the more your school will develop an attitude of gratitude.

*SERVING ON THE G-FORCE
IS FUN AND REWARDING!
YOU'RE HELPING TO
TRANSFORM THE CULTURE OF
YOUR SCHOOL.*

Your biggest challenge during the school year will be Teacher Appreciation Day. You and your fellow G-Force member will be in charge of a teacher appreciation ceremony in your homeroom.

G-Force members encourage classmates to express appreciation throughout the year.

*"GRATITUDE IS ONE OF THE
FEW ATTITUDES THAT CAN
MEASURABLY CHANGE
PEOPLE'S LIVES" -
ROBERT EMMONS*