



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

THE G-FORCE CONSISTS OF AT LEAST 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 AND EACH CLASSMATE RECEIVES EXPRESSIONS OF GRATITUDE THROUGHOUT THE SCHOOL YEAR.

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.

2. Model an attitude of gratitude and regularly show appreciation in one of the following ways:
 - You and the other G-Force member go together to thank a staff member in the group assigned to your class
 - Select a classmate to go with you to thank a staff member
 - Select two classmates to go together to thank a staff member in the group assigned.
 - Regularly look for classmates who need recognition and recognize them or ask a classmate to recognize and appreciate them.
3. Your goal is to make sure everyone in your class expresses appreciation to school employees as well as classmates throughout the school year.

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

As a G-Force member, you are tasked with both expressing appreciation to staff members throughout the year as assigned by the G-Force Adviser and getting others in your class to do the same on a weekly basis.

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 helping your classmates look for the POSITIVE all around the school. And then encourage them to express appreciation to employees or classmates, whichever deserves the recognition, with a "Thank You!"

You have a chance to win \$100 at the end of each semester if you make at least 6 appreciation contacts throughout the semester.

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