



60

Impactful ways to use your
Sticky Speech Notes



It takes less than a second for words to leave our mouth,
yet their impact can last a lifetime.

Words build and words break.
One thing is for sure: words stick!

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The Clean Speech Project UK is a national project focusing on the power of speech and encouraging positive speech. The project runs in schools, communities and beyond.

This booklet is a compilation of creative ways to convey the power of speech through the **sticky speech notes**. It's for classes in schools, or family activities at home, and it typifies the educational creativity in the project as a whole.

To get in touch about ideas, feedback, to send pics or for sponsorship, please contact:

Avrohom Zeidman az@jgift.org
Daniel Fine danielpfine@gmail.com
www.cleanspeech.co.uk

01

Clean up our School

Students make mini posters with **sticky speech notes** and post them around the school, in relevant places, as reminders of 'giving' speech e.g. how to speak nicely to lunchtime supervisors in the lunch hall, or office staff.

Justin Kett, Sacks Morasha

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03

Sticky Speech Leaves onto Tree

As students speak kindly, write what they said on a note and add, like leaves, to a tree display.

Malki Kaye, Hertsmere JPS

02

Guardian Angel

Each student is given a bunch of **sticky speech notes**. Each day they should pick a student they haven't spoken to for a while and write a message for them.

Miriam Wilks, Israel



04

Noticeboard

Add a display board in the corridor for students to add positive messages.

*Penina Berkley
Hertsmere JPS*



05

Role Model

Write your role model on the **sticky speech note** and stick it to your desk /pencil case to remind yourself of that role model. (Idea taken from Yosef, who kept an image of Yaacov in his head to keep him on the straight path.)

Adina Lebrecht, Ezra London

07

Growing Positivity

Every pupil writes a positive message on the sticky side of the **sticky speech note** and draws a smiley face on the other side. They then stick this to the person's hand on their right so they can't see the positive message.

First person starts off turning over their sticky note and saying 'At (insert school) we like to say (insert positive message e.g. well done, you're amazing, you make me so proud etc...)

Next person says At we like to say... repeat 1st message and add their message which has been written on their sticky note by the person on their left. This continues all around the classroom.

If it turns out that pupils have written the same message they have to learn this poem and say instead in a funny voice/actions

"Clean speech is the way to go!

Think before you speak and let the kind words flow!"

Rayna Glickman, King David Primary



06

Stomping Crystal Maze

Sticky side up, write messages. Half positive, half negative. Make many of these. Set up the room by placing all the notes on the floor sticky side.

2 teams on either side need to get the most amount of 'positive speech' notes. Notes are picked up by stamping on them and then taken back to 'base' to unstick them from shoe. At the end of the allotted time, every positive speech is plus a point. Every negative speech taken to base is minus a point.

Gabriella Freilich, Pardes House Primary



08

Stop - Motion

Use them as speech bubbles when making Stop - Motion films.

Justin Kett, Sacks Morasha

10

Flip It

Write on red **sticky speech notes** 'taking' statements and stick them on the wall. Students have to think of a way of converting that statement into a 'giving' statement. Write the correct way to speak on green sticky speech notes and stick them under the red ones. Compare the students' answers on the wall.

Rabbi Daniel Rowe, Aish UK

09

Stand in the Corner!

All students write 2 notes. One an extremely kind message. The second an extremely nasty comment. Place all the positive notes in one corner and all the negative ones in the other corner. Let students spend a few minutes, one by one, in either corner and then discuss how they felt after leaving each corner.

Gaby Gutkin, Hasmonean Girls



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Stepping Stones

Lay them out on the floor. A team starts at either end. Goal is to get your team to the other end of the line of 'stepping stones'.

First person from each team starts off hopping along the stones. When they meet an opponent, they have to give them a personal compliment. First one to do so progresses and other student has to return to their team.

Justin Kett, Sacks Morasha

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Board Rubber Speech Notes

Add a thin sponge to the back of the wad and use that to erase bad speech words on a board.

Hannah Cohn, GIFT Israel



13

Musical Stamp

Put positive and negative statements on the floor - sticky side up. There must be one less of each category than students. Call out 'give'/'take' and students need to quickly stamp on the correct notes. Last person left without one is out - remove one of the notes and continue until there is only one person left.

Rabbi Mychiel Balshine, Whitefield Community

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Doctor Jekyll and Mr Hyde

One class is given by a teacher who pretends to be strict and harsh. Another class is given where the teacher is kind and caring. Students from both classes write their emotions on **sticky speech notes** and place them on a wall. The students then need to discover, based on the notes, which class they attended.

Rabbi Shmuel Kimche, Reishit



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Hide and Thank

Write thank you's on **sticky speech notes** and leave them for different people.

E.g. rubbish collectors:

'Have a great day',

Postman:

'Thank you for your services',

Parent/Spouse: 'Thank you for the time you took to make me dinner'.

Keren Heller, GIFT

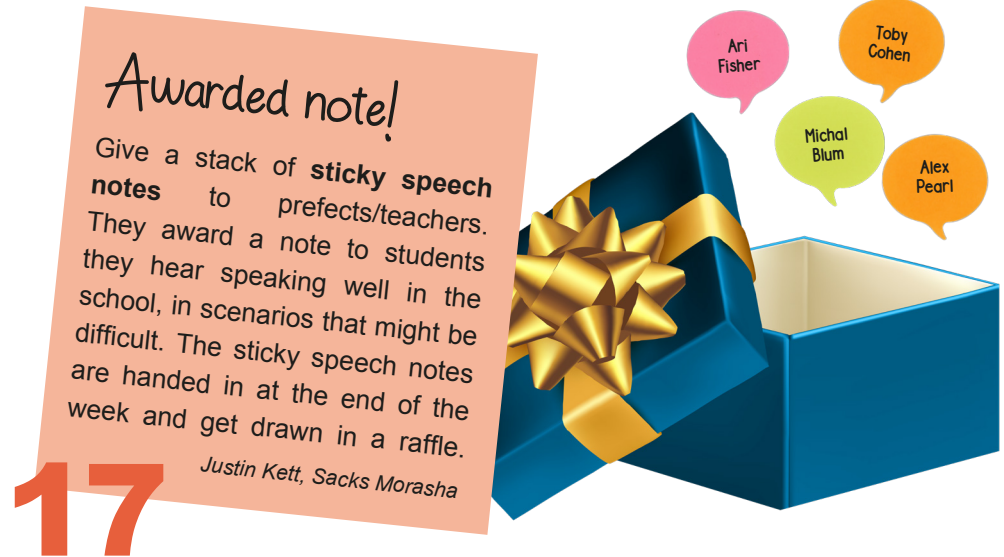
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Visualise the Impact of Giving

Any time a student gives a compliment - write it down and add it to the board. Any time a student receives a compliment - write it down and add to the board.

After the board is full of notes - try to recognise if any match up. One can visualise how small acts of giving creates a colourful rainbow.

Rabbi Aidyn Breiter, Chazak



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18

Writing a Story

Write a kindness story where each child is given a few **sticky speech notes**. Someone starts the story and sticks their **sticky speech notes** on the wall with the first word, or sentence, and you go round the class and stick the words on the wall until you get a full story.

Talia Goodkin, Lehava



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Mirror Mirror on the Wall

Write 5 compliments on the **sticky speech notes** to place around your mirror at home. Everyday you have to say those 5 compliments to yourself out loud.

Keren Heller, GIFT

20

Zip it!

Cut a slit in the middle of the **sticky speech note** and make it look like a mouth opening and closing. Add message: Keep it clean!

Hannah Cohn, GIFT Israel

21

Cheating Class

Ask students to come up with ideas how they can use the **sticky speech notes** to teach about 'giving' speech.

Miriam Wilks, Israel

23

Today I'm Working on....

Have a display in the classroom with each student's face on it. Each day the students choose what kind thing they are going to aim to say to their peers that day. They then put a **sticky speech note** next to the student's face.

Penina Berkley, Hertsmer JPS

22

Detectives

Put students into groups. Tell them to make up a sketch on 'giving' Give **sticky speech notes** to rest of class.

When they see 'giving' in the sketch, they must write on a green note what they've seen.

When they see 'taking' in the sketch, they must write on a red note what they've seen.

Who can spot the most acts of giving or taking in the sketch?

Chaya Rubens, Nancy Ruben



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Memory Game

Write, on the sticky side of a **sticky speech note**, a type of speech e.g. Lashon Harah/Tefillah/Chesed/Ona'at Devarim etc... and, on separate notes, examples of that speech. Mix them up, stick them face down and students have to match them up.

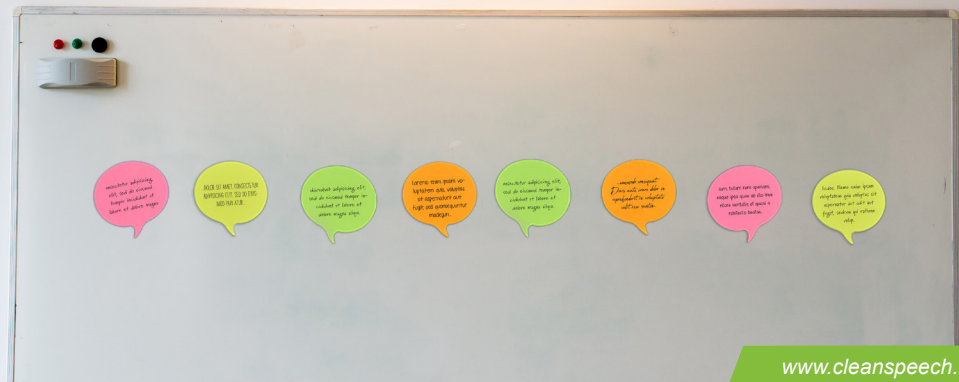
Shoshanna Dresner, Hasmonean Girls

25

Giving Chain

In order of register, student one gives a compliment to student two and writes the message on a **sticky speech note** and puts onto left end of the board. Next student has to do the same to the third student and put their note next to the first one. etc... one can see the chain reaction on the board.

Malki Kaye, Hertsmer JPS





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Love Game

Every student writes their name at the top of an A3 piece of paper. Each paper gets circulated around the classroom and every pupil adds a **sticky speech note** with a compliment for that person.

Shoshanna Dresner, Hasmonean Girls

27

Guess Who

Sit in a circle. Everyone is given a name to secretly write a specific compliment about them on a **sticky speech note**. Put all the papers in middle. Go around the circle. Each person picks up a card and the rest of the students have to guess who it is about.

Dovi Colman, Broughton JPS

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Just One Word

If you only had one word left you could ever say - what would it be? Everyone writes down their answer and discusses why they chose that word.

Rabbi Avrohom Zeidman, GIFT

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Hide and Seek

Hide **sticky speech notes** around the classroom. Go about your day as usual. However, whenever someone is seen speaking kindly, they may go and search for one sticky speech note. At the end of the day/week, the person with the most sticky speech notes is the winner.

Rikky Herman, Torah Temimah



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Hello Mr Pink

Students hide one **sticky speech note** in their hand. Not revealing the colour. Students have to walk around and greet each other guessing the correct 'name' of the other student. Miss Yellow/Mr Blue etc... If they guess the colour correctly - they stay in the game. If they guess wrongly, they are out the game.

Rabbi Mychiel Balshine, Whitefield Community



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Make a Mummy

Have a volunteer stand at the front of the class. Students then write down on separate **sticky speech notes** how each limb can be used to give. Once done, they run up to the front and stick it on that body part. How long does it take to make a Mummy?

Rabbi Avrohom Zeidman, GIFT

33

I've got Your Back

10 minutes to stick compliments on the back of other students. Instead of 'back stabbing' lets 'back accolade'.

Gabriella Freilich, Pardes House Primary

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Shy Students

To encourage quieter students to ask questions during class, have a question board up in the room. Every time a student thinks of a question but wasn't confident to speak up, they write down the question on a **sticky speech note** and stick it on to the board with their name.

The teacher can either dedicate time in the next class to answer questions posted on the board, or answer the student privately. When students see that their questions are valid and addressed, this will hopefully encourage them to speak out more in class.

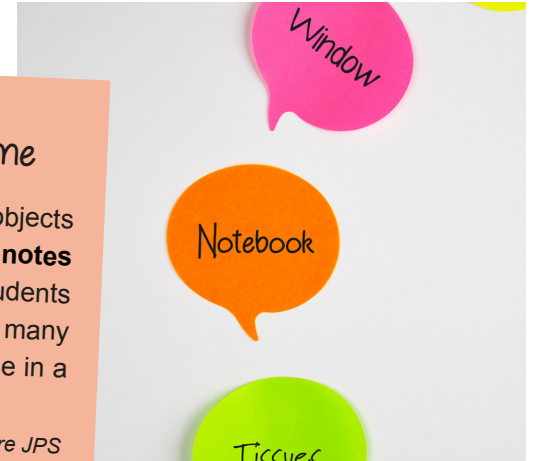
Pearl Jaffe, Hasmonian Girls

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Random Object Game

Students write random objects onto the **sticky speech notes** (e.g. pen/kettle etc...) Students are then asked to see how many of these objects they can use in a given way.

Malki Kaye, Hertsmere JPS



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Teacher's Watching You!

Teacher keeps a stack of **sticky speech notes** on their desk. When they think of something positive in a student, write it down and keep a record of it. At the end of each week, make a phone call to two parents to share with them what positive things have been noticed about their child.

This is more for the teacher than students but it's role modelling for the students to see how the teacher uses speech positively, especially if the students are aware of why the **sticky speech notes** are on the desk.

Pearl Jaffe, Hasmonian Girls



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3-a-Day

Write out, at the beginning of the day, 3 compliments/thank you's you are going to give.

Make sure, by end of day, that they are given out.

Dovi Colman, Broughton JPS

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Compliment Race

Each student has 10 **sticky speech notes**. On the whistle, each student needs to write compliments about 10 different people - and then stick them on the appropriate person. First one to finish - wins!

Yael Black, Ezra Manchester

38

Hidden-Shapes

Good and bad speech is written on different **sticky speech notes** and placed on a wall so that when students pull off all the negative ones – a pattern emerges.

*Rabbi Michael Balshine,
Whitefield Community*

39

Inanimate Thanks

Plaster **sticky speech notes** all over the school on inanimate objects e.g. the phone, chair, desk, pens etc... Students need to pick up the note - write an appreciative thanks to that object and place it back down. 'Thank you, plant, for making me oxygen.'

Rabbi Aidyn Breiter, Chazak

40

Traffic Lights

Write sample statements. Students have to write the 'giving' statements on the green **sticky speech notes**, 'taking' statements on the red **sticky speech notes**, and neutral statements on the yellow ones.

Sarah Howard, Jewish Futures





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Musical clean speech

Every child has to write a positive word on a **sticky speech note**. They are then passed around the class until the music stops and everyone has to think of a sentence about a pupil in the class, including the word on the sticky note they end up with. Use whiteboards to write the sentences to show everyone. They have to choose a different person every time the music stops. By the end of the game there should be lots of positive comments about their fellow pupils in the classroom. These could be used for a display too.

Rayna Glickman, King David Primary

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Speak Cleanly, Not Meanly

Set the scene: your friend has just said something mean to you (create various scenarios). All students add their **sticky speech note** to the board as to how you should respond.

Justin Kett, Sacks Morasha

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Book Review

Review books by putting a green **sticky speech note** where there is a positive message and a red one where you think there is a negative message. Discuss.

*Rabbi Mychiel Balshine,
Whitefield Community*

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Words Stick

Stick negative or positive comments people have said about you onto yourself.

The words we use stick in people's minds and affect us. Words stay with us throughout our lives, how we identify ourselves, how we get stuck with self-definitions that hold us back or propel us forwards with confidence.

We are all walking around with the words others have said about us.

Jonny Kalmus, Legacy Live



45

Clean Speech Pairs

Every pupil gets a **sticky speech note** on their back as they enter the classroom but they have no idea what it says. Ask pupils to line up against the wall so other pupils cannot see their notes.

Each positive message is written twice. For example, 2 x Kindness, 2 x Friendly etc... They have to go around the class trying to find their matching pair but all they are allowed to say are different positive messages e.g. Am I inspirational? Am I considerate? until they find their matching partner. All you will hear in the classroom are lovely compliments being used.

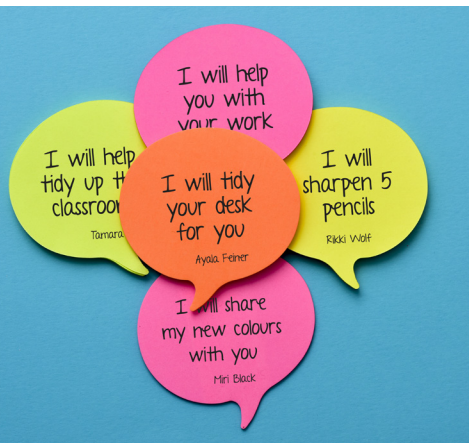
Rayna Glickman, King David Primary

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Giving Voucher

Each student writes a giving voucher with their name on:
E.g. I will give you a...
I will help tidy the classroom
I will sharpen 5 pencils
Vouchers are turned upside down and randomly shared out.

Rabbi Zvi Cohen, Noam



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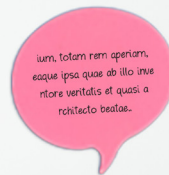
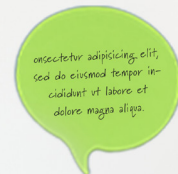
IF and THEN

Everyone writes a scenario on a **sticky speech note** starting with the word IF. (E.g. If I fall down a well, If I win the lottery. Etc...) then on a different **sticky speech note** write: THEN I want someone to say... and finish off the sentence. (E.g. Then I want someone to say... congratulations on winning the jackpot!)

Mix and match the scenarios with the endings for funny combinations.

Shayna Chaya Zeidman, Edgware

Nurse



48

We Appreciate You!

Put 'people who help us' on a board (e.g. Doctor/police) and under each person add **sticky speech notes** of how they give to us.

Malki Kaye, Hertsmere JPS

49

Thank you Hashem!

Students write on a **sticky speech note** a 'thank you' to Hashem. Fold up and stick into a jar. Each day, one note is taken from the jar and read out. It is then stuck onto the board, before davening.

Chaya Rubens, Nancy Ruben

51

Headbands

Put an example of a 'giving act' on someone's forehead. They have to guess what it is by asking questions that can only be answered by yes/no.

Malki Kaye, Hertsmere JPS

50

Anonymous Shout-Out Wall Display

When a child has been on the receiving end of someone giving, write what the other person has done for them and stick it on a dedicated space on the wall. To encourage giving.

Malki Kaye, Hertsmere JPS



52

Rip-it-up Therapy

Write out negative thoughts you have about yourself/others on separate **sticky speech notes**. Rip them up - a form of relief without hurting your own feelings/others.

Keren Heller, GIFT

54

Thank you/Toda/
Gracias

Find out how to say 'thank you' in as many languages as possible and plaster room with them.

Hannah Cohn, GIFT Israel

53

Flip Book

Turn the wad of **sticky speech notes** into a flipbook - drawing the story of building a relationship with speech.

Adina Lebrecht, Ezra London

55

Self Control

Each student gets a bunch of **sticky speech notes** to be kept in their pencil case. Any time they are frustrated and want to say something hurtful to another, instead they should write it down. Teachers could reward pupils for how many times they held themselves back.

Miriam Wilks, Israel



56

Yes Please – No Thanks!

Not all compliments sit well with everyone. Everyone writes on a **sticky speech note** a compliment they are unsure whether people would like or not. E.g. 'You have lost so much weight', 'interesting accent you have'. Then everyone takes a green **sticky speech note** and writes 'yes please' and on a red **sticky speech note** writes 'no thanks.' Each compliment is shared with the group and people respond whether they would like such a compliment.

Rabbi Avrohom Zeidman, GIFT

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Comic Strip

Comic strip with characters are put on board/on paper. Students have to use **sticky speech notes** to supply appropriate speech for characters.

Shulamis Wilks, Canada

58

Inner Thoughts

Pose a scenario e.g. when people say nasty things to you/compliment you. What are your inner thoughts when this is happening? Put them up on wall and discuss.

Marc Jacob, Rosh Pinah

59

ABC

Each **sticky speech note** has a letter of the alphabet. Write one compliment beginning with that letter on each one.

*Rabbi Mychiel Balshine,
Whitefield Community*



60

Speech notes mark the Spot

Have a campaign of posting **sticky speech notes** all around the school - in all the places somebody said a 'giving word'. See how quickly the entire school is filled with positive speech.

*Rabbi Mychiel Balshine,
Whitefield Community*



WORDS STICK

www.cleanspeech.co.uk

Avrohom Zeidman - az@jgift.org | 07984 320 320

Daniel Fine - danielpfine@gmail.com | 07392310866

GIFT is a member of the Jewish Futures family of organisations

