



of Greater Indianapolis

FAMILY PUT-UP PARTY

Ages:

Ages 6-8, 9-11

Description:

People say **put-downs** (mean, unkind or rude words) to make others feel bad. While we're all at home and in close quarters with our family, it might be easy to say things that are not the most kind because it's easy to become frustrated with each other in these uncertain times. That's why we're going to have a put-up party!

What's a **put-up**? A put-up is the opposite of a put-down, it's saying something kind to someone to make them happy and feel good! We're going to have a put-up party with our family! This will give everyone in your house the opportunity to lift each other up and remind each other why you love them so much. Keep reading to find out how to throw your put-up party!

Time:

20-30 minutes

Materials Needed:

- Paper (printer or construction paper)
- Tape
- Markers or Crayons or Colored Pencils
- Optional: music!

Instructions

Have every family member write their first name in the middle of a piece of paper. Don't write it too big or else people won't have room to write put-ups on your piece of paper!

Once every family member has written their name, you're going to tape each piece of paper to the wall. Make sure it's at a height everyone can reach. Every family member will go around and write kind words and messages on each family member's piece of paper.

This is an opportunity to let your family know how special and appreciated they are!

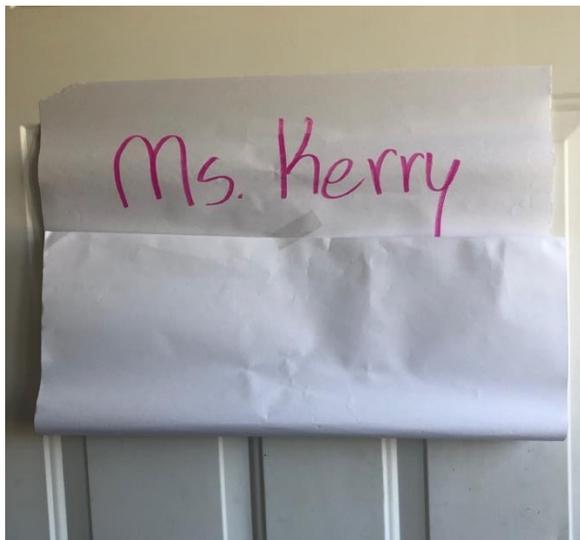
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Let's Begin!

Step 1: Create your put-up party board.

You can either write your name at the top of your paper (for a longer party) OR the middle (for a shorter party).

If you write your name at the top, you can fold your piece of paper in half and tape it up so that you can still read your name. This way no one will see their put-ups as people write compliments and positive messages! The put-ups people write to each other will remain a secret until every family member can be together to read theirs. Family members can add compliments all day long!



If you're going to write your name in the middle, everyone in your household should be present. Your party can be completed in a few minutes! You can play music while everyone walks around and writes put ups!



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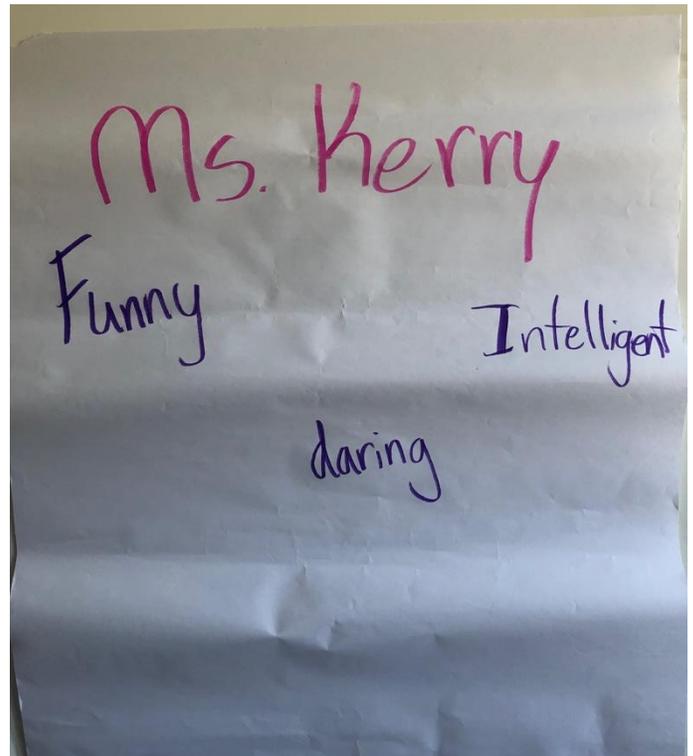
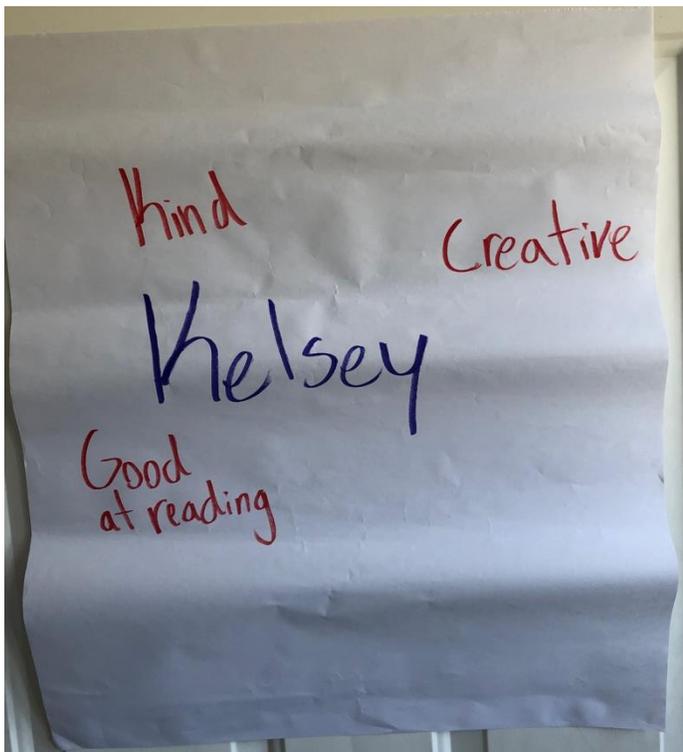
Whatever option you chose, tape your paper to the wall!

Step 2: Write Your Own Put Up Poster

Grab a different colored marker and stand in front of YOUR piece of paper. Now, write three positive words to describe yourself. These words should NOT have to do with your appearance (i.e. I like my hair). Challenge yourself to think of three positive ways to describe yourself! You can use single words or phrases.

Ex: I am funny. I am adventurous. I am an amazing soccer player!

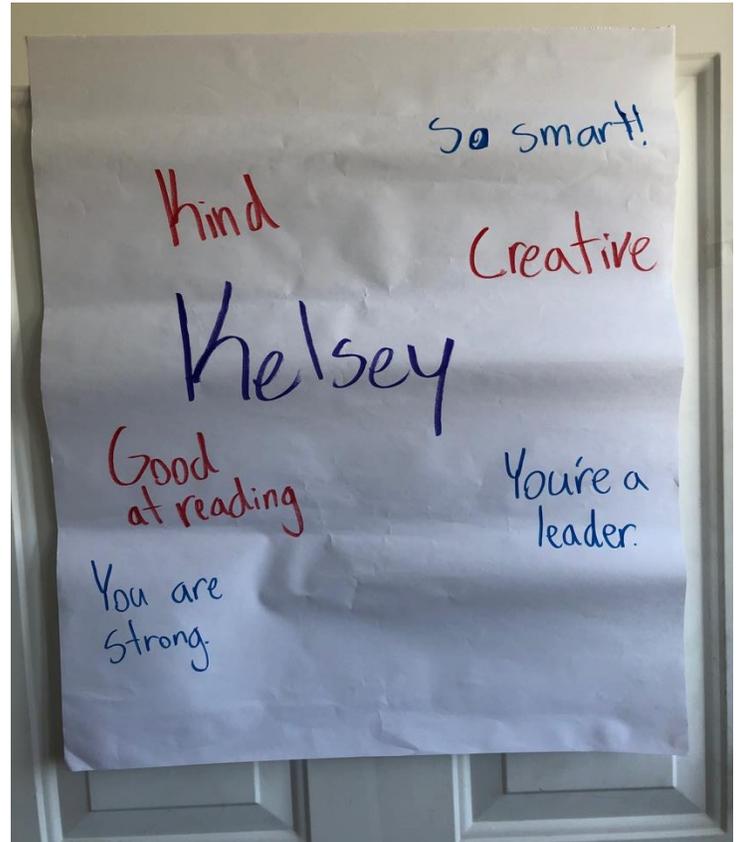
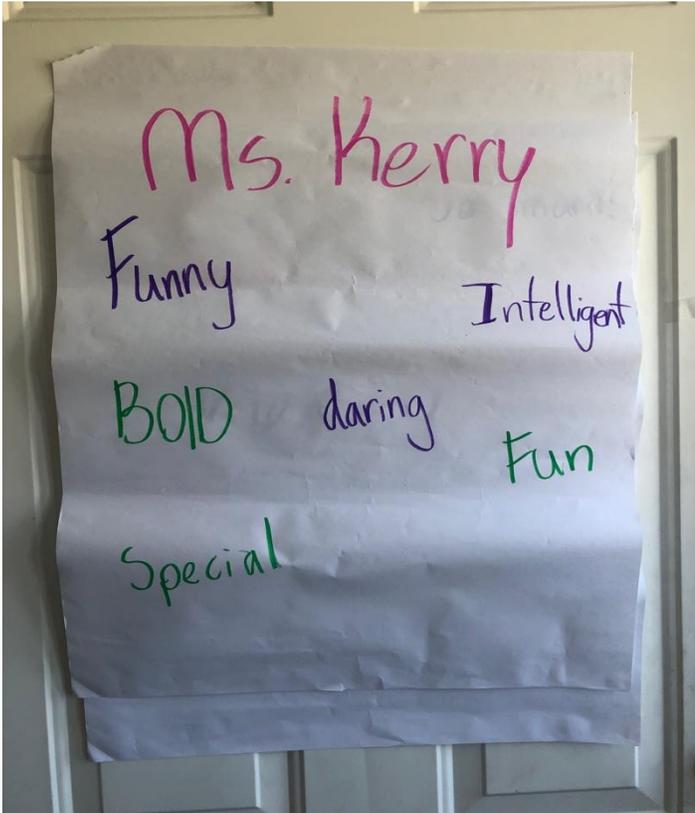
Ex: Important. Loving. Respectful



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Step 3: Add Put-Ups to your family members Put-Up posters.

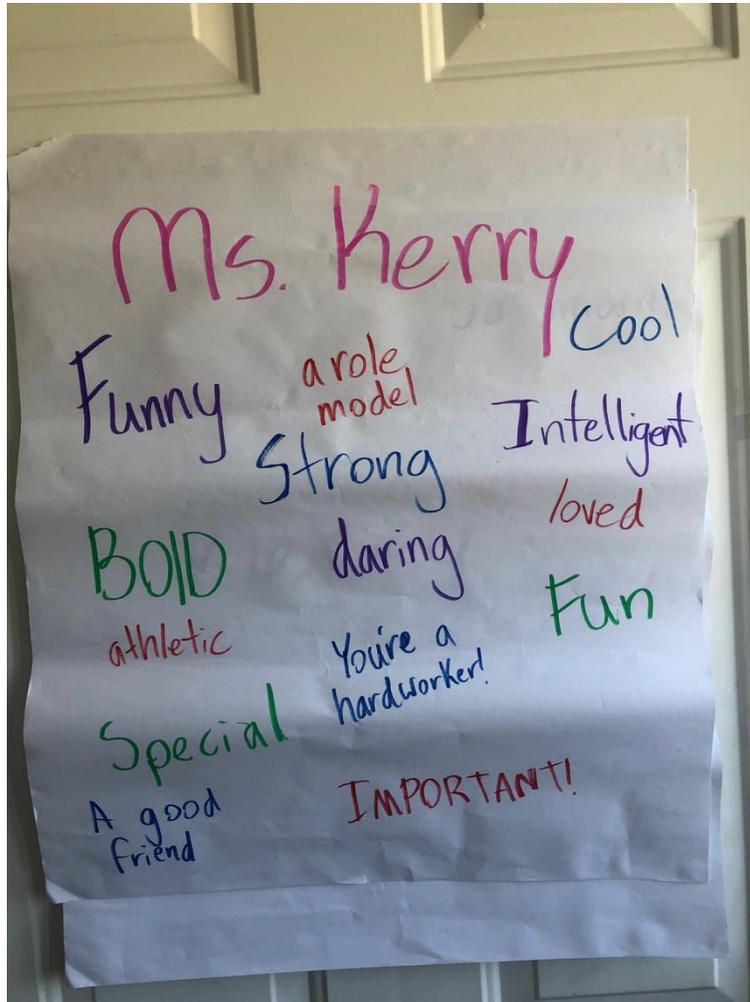
Grab a new colored marker. Now is your chance to uplift your family member's! On **each** family members put-up board, write at LEAST three compliments. Remember, these can be single words or phrases.



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Step 4:

Continue to write on each family member's put-up poster until each family member has written on everyone's poster.



Your poster should look something like this when you're all done!

Step 5: Share Your Put Ups

Once everyone is done writing, have each family member grab their poster. Find a place to sit together on the floor. Everyone should take a minute to read all the lovely words and phrases that were written about them silently to themselves! Now, we're going to take turns reading all the compliments we received out loud to our family. Go youngest to oldest. If you want to let a family member know why you wrote something, now is the time!

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Step 6: Choose Your Favorites

Now that you've read and heard all the compliments everyone received, everyone is going to **circle their 5 favorite put-ups**. Once everyone has circled their Put-Ups, you're going to share those and say WHY they are your favorite. Why did those put-ups stand out to you? Go oldest to youngest this time.

Ex: I liked how someone wrote I was important. It's nice to hear because sometimes I forget.

Someone wrote that I'm creative. I like that they said this because art is really important to me!

ACTIVITY RECAP

Discovery Questions:

- What was it like to give your family members put-ups? What did it feel like to read the Put Ups they gave you? Was it easy or hard?
- What is the point of having a Put-Up Party? How did it make your family feel afterward?
- Now that you've had a Put-Up Party, how can your family continue to uplift each other *every day*? What's something you could do to make sure all your family members feel loved? Why do our words matter so much?
- With a parent/guardian's permission, share with us what you think of the Strong, Smart, and Bold Card game on our Instagram page with the tag @girlsincindy.

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