

# Paying It Forward In Schools



pay it  
Forward day

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“Changing the world, one good deed at a time”



### Pink Elementary School (United States)

Came up with an idea to help children less fortunate. They made “Birthday Boxes” for children living at the women’s shelters or in local foster homes. Frequently, these children get left out on important days like birthdays. The birthday boxes were made out of shoe boxes, filled with such things as streamers, napkins, paper plates, decorations, balloons and gift cards for pizza and cake. Every child knows how much fun it is to have a birthday party and are very excited about the idea of creating a ‘birthday party in a box’ for others. In addition to the goodies inside the boxes, there was also a note explaining the Pay it Forward concept urging recipients to find some way of ‘paying it forward’, if not materially then with simple kindnesses to those around them. There’s always a way to help others no matter what our own circumstances and the students at Pink School have found this out – what a powerful lesson!

### Southwestern College (United States)

After watching the movie ‘Pay it Forward’ the class was split up into 10 groups and were instructed to find some way to Pay it Forward to the community and then present their projects to the class a month later. Some of the things the groups did included: visiting nursing homes, helping a working family renovate their house, helping a man who had a stroke clean his house because his wife was getting treatment for leukemia out of state, and recycling thousands of bottles and cans.

### Southern Regional Middle School (United States)

Students watched the movie “Pay It Forward” and completed an exponential growth activity to show how quickly kindness could spread through their school, state and the world. They prepared lunches which were sold to the staff and teachers at school. They created place mats with positive character quotes and decorated the cafeteria in a “restaurant style”. The “customers” thoroughly enjoyed the gourmet lunches. All the profits were donated to charities chosen by the students. They wrote stories and letters which they shared with students who were coming to the school next year. They also wrote personal letters to former teachers, family and friends to let them know how important they were in their lives.

### Priory High School Exter (England)

The Pay it Forward School project involved pupils setting up peer mentoring groups, school garden and grounds clean-up crews and the development a homework help club. Students are now looking at setting up a few bigger projects to take out into their surrounding community.

### Ekstrand Elementary School (United States)

Decided to start the “Pay it Forward” challenge and organized a school and community wide recycling program to help pay for an important surgery for a 3 year old girl named Hayley Brang. The class has so far raised \$9000 to help other children in need. Kids can make a big difference and the whole of society benefits as the ripple effect continues!





## On Pay It Forward Day

An opportunity for children in all schools to participate in a pro kindness program which enhances their understanding of giving by doing a good deed for someone and expecting nothing in return. Instead the receiver is encouraged to "Pay it Forward".

This can be part of your school's "VALUES" program

You will be amazed at how many ideas the children will think of themselves.

- Let parents know about the school's initiative and explain that it is something that can be modelled and encouraged at home
- Inform the local newspaper for some positive promotion of your school
- Let our website know what you have achieved so we can share your great story with others who want to make a difference in the community [www.payitforwardday.com](http://www.payitforwardday.com)
- Print off Pay it Forward cards and distribute to children. Some schools have benefitted from making their own Pay it Forward Day card with the school logo included

## How

Explain the concept to the children [older children could view the movie perhaps]

Brainstorm ideas for 'paying it forward', e.g.

- Write and illustrate a class picture book for children at the local hospital
- Be friendly to someone they would normally ignore
- Help someone with homework or classwork
- Friendship hand....trace the shape of child's hand, write his or her name. Each member of then class then writes one complimentary word about the person until it is full. Cut out hand and display
- Peer tutoring e.g. Yr 11 students help Yr 7 with Maths problems, Yr 6 help Yr 1 with reading
- Do chores at home to help family members
- Write cards to cheer up people e.g. Teacher, friends, local retirement home



***By paying a good deed forward children learn that they can make a positive difference to other people's lives. The ripple effect is visible, motivating and energising. Everyone can make a difference!***



## Pay It Forward Day

Our School is participating in Pay It Forward Day. It is a great opportunity to allow the children to think about making someone else a little happier by doing some small thoughtful deed. As a parent you can get behind the cause and encourage this idea at home too. You never know, you might get a few chores done around the house!

[www.payitforwardday.com](http://www.payitforwardday.com)

## Make a Difference Make Someone Smile

Pay it forward day encourages you to do between one and three good deeds with no expectations other than the recipient in turn does a favour for someone else. Hand each recipient a Pay it Forward card so the good deed is encouraged to continue on bringing love and happiness wherever it travels.

### Let's show each other and the world that we really do care

*Picnic Point Primary School (Australia) - The whole school got behind the initiative and created special School Pay it Forward Cards. Then students pulled a name out of a hat and they became the recipient of one of their good deeds. The other 2 good deeds could be completed at home, school, or in extra-curricular activities.*

### On Pay It Forward Day why not:

- Give your services for free to someone who could use a helping hand
- Give a gift to someone in need
- Return someone else's shopping trolley to the bay
- Mow the neighbour's lawn
- Give a homeless person some food vouchers
- Give books you have to others who would benefit from them
- Give up your seat on the bus/train
- Buy someone lunch





Dear Principals and Teachers

Last year, thousands of schools around the world embraced the concept of Pay It Forward Day (PIFD) and found it to be highly successful and greatly rewarding. It was a very positive experience where children and teachers and even whole families joined in the spirit of giving - doing good deeds for others and asking nothing in return. Instead the recipient is encouraged to Pay it Forward to help others in need. The ripple effect can be amazing.

Here are some recent examples of kids and parents Paying it Forward:



- Students at one school organised 'a can for kindness project' where kids came in with cans of food that could be given to needy refugees
- One child put \$4.00 into an expired parking metre so that the owner of the car next to his dad's car would not receive a parking ticket
- Students organised a trivia night that raised \$2000 for a local charity
- One mother had her \$10,000 liver operation paid for by a complete stranger – she still does not know who it was that but was overwhelmed by the amazing generosity of the person involved
- Another lady saw the PIFD segment on television and contacted a major local hospital as she had some unused flight credits. She organised a flight for interstate family members to visit their very sick relative in hospital

Teachers and parents are often amazed at some of the Pay It Forward ideas that students come up with. It really does teach a powerful lesson: "That one person can make a difference and help others in need despite age, background, money or social status. Random acts of kindness spark us all to be better people."

Thank you for your support of this wonderful initiative. Please share your Pay it Forward story with your local newspaper so your story can inspire others to Pay it Forward. We would love to hear your story too via email or our website.

Have a wonderful day!

[www.payitforwardday.com](http://www.payitforwardday.com)

# Pay it Forward Day Cards - High School

## Key:

————— Cut Solid Lines

- - - - - Fold Dotted Lines



Visit [www.payitforwardday.com](http://www.payitforwardday.com)



### Congratulations!

You have received a 'Pay It Forward' card. This means that someone has completed a good deed for you and they wish for nothing in return. All they want is that you pass on this card, along with a good deed to someone else in need. It can be as big or small a deed as you would like to make it.

You can 'Pay It Forward' anytime you like. If you decide not to 'Pay It Forward' then no-one will know but you. Thank you for your support, and we hope your day has been made that little bit brighter by someone's heartfelt gesture.



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### Examples

- Raise funds for your favourite local charity (Ideas include: selling chocolates; sausage sizzle; school competition etc.)
- Helping someone else in need
- Send flowers to a local hospital or nursing home
- Assist an elderly neighbour with the gardening
- Share books you have with others

**Please Visit**  
[www.payitforwardday.com](http://www.payitforwardday.com)  
and tell us your Pay It Forward story



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# Pay it Forward Day Cards - Primary School

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 <p><b>Congratulations!</b></p> <p>Someone has done a good deed for you to show they care</p> <p>Now it is your turn to do a good deed for someone else and make that person feel good</p> <p>Visit <a href="http://www.payitforwardday.com">www.payitforwardday.com</a></p> 	<p>Please tick one box before Paying It Forward.</p> <p><b>Spread some joy!</b></p> <p>There are lots of good deeds that you could do. Here are a couple of ideas to get you thinking:</p> <p><b>Examples</b></p> <ul style="list-style-type: none"> <li>• Give a compliment</li> <li>• Raise money for your favourite charity</li> <li>• Bake cookies for the local nursing home</li> <li>• Help at home with any chores that need doing</li> </ul> 
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