

BoosterGrams

Health 6-Mrs. Maus

What is a BoosterGram? A boostergram is a personal note that is sent to someone to “boost them up”. You can say thanks to them, express appreciation, or just let them know how much they mean to you! You can write anything you want on your boostergram (school appropriate of course!) as long as you include a “boost”(remember a boost is something that will make the person feel good or appreciated). Be careful to not include anything that could be taken the wrong way by someone else. Every boostergram is read by your instructor prior to being sent and inappropriate ones are given zeroes.

Who can I send a BoosterGram to? As long as you have a current address you can send a boostergram to anyone who you think is deserving of one! (Maximum of 1 per person please)

When are BoosterGrams due? Once we start boosterGram's, there will be ONE due every week and it is worth 10 pts (you can do 2 if you would like!)

Why do we do BoosterGrams? BoosterGrams are an easy way to help us improve our own self esteem. Remember, showing appreciation to someone else not only makes that person feel good but rebounds back to make the sender feel good too! Everybody wins!!

Where do I turn in my BoosterGram each week? BoosterGrams are turned in to the white plastic boostergram bin.

Week 1: Parent/Guardian: mom,dad,stepparent(s),other primary caregiver

Week 2: -Grandparent(s)

Week 3: Your favorite elementary teacher

Week 4: A Friend

Week 5: A sibling :brother,sister

Week 6: CHOICE You decide who gets one!

Week 7: A Friend