

## Secret Buddy



School



Home



Activity

**PHE Curricular Competencies:** Mental Well-being, Social and Community Health

**Audience(s):** Grades 4-7

**Hyperlink:** [Secret Buddy](#)

### Description

A short summary describing how to implement a secret buddy activity in your classroom. In the secret buddy activity, students give notes, jokes, art, etc., to another student while trying to keep their identity a secret.

Although this activity was specifically created for the classroom, it can be modified to become a family activity.

### Objective(s)

Sharing kinds words, thoughts and items that bring joy to others may help create connection, especially during COVID-19. The goal is to connect students in a fun and unique way.

### Curricular Connections

This resource supports the following PHE Curricular Competencies:

Grade 4: Describe and apply strategies for developing and maintaining positive relationships

Grades 5-7: Describe and apply strategies for developing and maintaining healthy relationships

Grade 4: Describe and assess strategies for promoting mental well-being

Grades 5-7: Describe and assess strategies for promoting mental well-being, for self and others

*Are there other resources that you love for cultivating the health of students and staff in your school community? Send your suggestions to [dashbcresources@gmail.com](mailto:dashbcresources@gmail.com)*