Contagious

START with Hello

SMILE

BE A LEADER OF CHANGE.

START with Hello

BE A LEADER OF CHANGE.

START with Hello

BE A LEADER.

START with Hello

It's Contagious

START with Hello

It's Contagious

START with Hello

BE A LEADER.

START with Hello

SMILE
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This short guide is designed to assist YOU in implementing Start With Hello at your school or organization. You will join other student leaders in schools and youth organizations from across the United States in tackling social isolation by creating cultures of inclusion and connectedness.

This workbook features information, ideas, and activities to help you understand social isolation and take action in your school in three simple steps:

1 **LEARN**: What is Social Isolation?

2 **LOOK**: Is there Social Isolation at our school?

3 **ACT**: How can we create a school where everyone feels connected and included?

- Getting Started Checklist
- Kick Off Meeting Agenda
- Proposal Template
- Planning Committees Map
- Daily Planner
- Task List
- Budget Form
- Spirit Day Suggestions
- Activities
- Reflection
- Sustainability Plan

We’ve also included ready-to-go resources:
- Icebreaker Cards
- Printable Name Tags
- Start With Hello Selfie Cards

Thank you for your leadership and commitment to Start With Hello! We couldn’t do it without you.

Sincerely,

Mark Barden (Daniel’s Dad) & Nicole Hockley (Dylan’s Mom)
Managing Directors, Sandy Hook Promise
ABOUT SANDY HOOK PROMISE

Sandy Hook Promise is a national non-profit organization founded and led by several family members whose loved ones were killed at Sandy Hook School on December 14, 2012.

The organization is focused on preventing gun violence (and all violence) BEFORE it happens by educating and mobilizing parents, schools and communities on mental health and wellness programs that identify, intervene and help at-risk individuals.
OVERVIEW

Social isolation is the feeling of being left out, lonely and treated like you are invisible. At every school and in every community there are children who feel like they have no friends and quietly suffer through each day.

Why should I care?

Sometimes, we all need time by ourselves. This is healthy and ok. However, if someone is chronically isolated from others, whether they are isolating themselves or being excluded, it could be a warning sign that they need help and someone to reach out to them.

Young people who are chronically isolated can become victims of bullying, violence and/or depression. As a result, many pull further away from society, struggle with learning and social development and/or may choose to hurt themselves or others.

Why should I Start With Hello?

- To create a more connected and inclusive school community
- To inspire others and create lifelong friendships
- To make a difference in someone’s life and help them feel accepted, included and valued
- To stop someone from possibly hurting themselves or others
2 LOOK: Is there Social Isolation at our school?

How would you feel if you were isolated, lonely or treated as if you were invisible?

Here are the signs and signals of social isolation:

- Preference to be alone rather than engaging with peers
- May avoid human interaction, very quiet and keep to themselves
- Anxious or uncomfortable around others socially
- Purposely being excluded by peers - digitally or indirectly
- Person is slightly removed or outside of you and your group

What are some examples of social isolation you have witnessed at your school?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Where does social isolation happen at our school?
(check off locations below)

☐ Lunch  ☐ Bus
☐ Events  ☐ Classroom
☐ Sports  ☐ Other
☐ Social Media

What if everyone at your school felt connected and included? What would that look like?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
Organizing a Start With Hello week at your school or youth organization brings attention to the growing epidemic of social isolation in our schools and communities, and helps to create a culture of inclusion and connectedness.

Use the resources in the ACT section to bring your ideas to life and take action in your school and community.

"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has."

- Margaret Mead
START WITH HELLO: GETTING STARTED CHECKLIST

☐ Register here: www.sandyhookpromise.org

☐ Look at spirit day and activity suggestions (pgs. 15-17) for inspiration

☐ Set up a Start With Hello Kick Off meeting - Kick Off Meeting Agenda (pg. 9)

☐ Complete a project proposal and get administrative approval - Proposal Template (pgs. 10-11)

☐ Create committees to divide the work efficiently - Planning Committees Map (pg. 12)

☐ Plan week-long activities and events – Daily Planner (pg. 19)

☐ Assign responsibilities - Task List (pg. 20)

☐ Assemble a list of important materials and budget - Budget (pg. 21)

☐ GO!

START WITH HELLO TIPS:

Make sure you get approval from a school administrator or club leader before finalizing your plans. Find an adult within your school or youth organization who will help and support your ongoing Start With Hello efforts.

After Start With Hello week is complete, plan a closing meeting to debrief the event and complete the reflection sheet and sustainability plan.
START WITH HELLO WEEK PLANNING GUIDES
START WITH HELLO: KICKOFF MEETING AGENDA

Icebreaker:
- Kick off the meeting with one of the icebreakers on the icebreaker cards on page 24.

Introduction:
- What is Start With Hello? Why does it matter?

Planning:
- Make sure everyone is on the same page by completing the project proposal template as a team.
- Select a project leader and use the Planning Committees Map to divide responsibilities.

Committees:
- Break into planning committees and begin brainstorming ideas for the week. Look at the spirit day suggestions and activities for inspiration and use the daily planner, task list, and budget form to organize your thoughts and begin planning.

Wrap Up:
- Invite everyone to reflect on why they are interested in participating and commit to the project by filling out the Why I “Start With Hello” Selfie Card and taking a photo.
- Schedule next meeting.

“To the world you may be one person; but to one person you may be the world.”
- Dr. Seuss
**Start With Hello Week**

**PROPOSAL TEMPLATE**

Submitted by ____________________________ Submission date ________________

<table>
<thead>
<tr>
<th>DATES:</th>
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<th>PROJECT TEAM:</th>
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<th>EVENTS AND ACTIVITIES:</th>
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<tr>
<th>PROPOSAL REVIEW</th>
<th>Comments:</th>
</tr>
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</table>

Approved by: ____________________________ Date: ____________________________
# Start With Hello Week

## Proposal Template Sample

Submitted by: Sean Green  
Submission date: Jan 10th

### Dates:

February 8-12

### Project Team:

Devon Brown, Renee Smith, Sean Green, Bailey Stevens, John Jacobs, Breonna Kim, Stacey Aro

### Description of Project:

Start With Hello Week is a week of events and activities to promote awareness of social isolation and encourage students to reach out and make connections with people they don’t know.

### Events and Activities:

- Start With Hello morning announcements
- Start With Hello Week Pep Rally
- Green Out! Day
- Start With Hello table at lunch
- Start With Hello informational table at lunch

### Proposal Review

**Comments:**

Great work! Can we meet next week to talk about reserving the gym for the pep rally?

Approved by: Principal Jones  
Date: January 15

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You can’t do it alone! Use committees to help divide responsibilities and plan an awesome Start With Hello week.

### PROMOTION COMMITTEE

**Spread the word about Start With Hello Week.**

**Responsibilities:**
- Manage social media
- Create posters
- Distribute flyers
- Make school-wide announcements

**Team Members:**

### EVENTS + ACTIVITIES COMMITTEE

**Plan fun and engaging Start With Hello Week events.**

**Responsibilities:**
- Plan school-wide assembly
- Organize lunchtime activities

**Team Members:**

### EDUCATION COMMITTEE

**Share information about social isolation and the importance of creating a culture of inclusion during Start With Hello Week.**

**Responsibilities:**
- Give informational presentations to school teachers and staff
- Make and share fact sheets with students
- Create public service announcement videos or posters

**Team Members:**

### COMMUNITY ENGAGEMENT

**Engage community members in Start With Hello Week.**

**Responsibilities:**
- Communicate with parents and family members
- Give presentations at local schools
- Arrange partnerships with local businesses
- Invite community members to events
- Plan guest speakers

**Team Members:**

### OTHER:

(ideas here)

**Responsibilities:**

**Team Members:**

---

"Start With Hello Week"
START WITH HELLO TIPS:

Change your school or organization’s social media avatar to the Start With Hello logo.

Send a press release or a letter to the editor of your local newspaper or news station to let them know about Start With Hello week.

Use the hashtags #startwithhello and #sandyhookpromise to share your Start With Hello activities with the rest of the world!

Distribute Start With Hello wristbands. Order online from Sandy Hook Promise.

“You can do what I cannot do. I can do what you cannot do. Together we can do great things.”

- Mother Teresa
START WITH HELLO WEEK
ACTIVITY GUIDES
Start With Hello Week

SPIRIT DAY SUGGESTIONS

No One Eats Alone® Day

- Encourage everyone to reach out and meet someone new during lunch to make sure that no one eats alone. Learn more about this national program organized by Beyond Differences® at www.nooneeatsalone.org.

START WITH HELLO TIPS:

Recruit Start With Hello ambassadors to encourage and promote conversation during lunch.

Print out and put the Start With Hello icebreaker cards on each table as conversation starters.

Green Out

- Show support for the Sandy Hook community and honor lives lost to gun violence by wearing green, the color of Sandy Hook School.

Hold a Start With Hello green t-shirt design contest. Collect student designs for a shirt, then hold a school wide vote for the favorite shirt. Sell shirts to help cover the cost for Start With Hello week materials or donate to Sandy Hook Promise.

Hey Day

- Pass out Start With Hello Week nametags for students, educators and administrators to wear and encourage everyone to greet each other by first name in the hallway, lunchroom or classroom.

Fave Shirt Day

- Ask students to wear an article of clothing that displays something that is important to them. Encourage students to reach out to peers that they don’t usually talk to and learn more about their clothing choice during lunch, in the hall, or after school.

Random Acts of Kindness Day

- Encourage students and staff to go out of their way to do something nice for someone else.

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

- Maya Angelou

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ACTIVITIES
for Start With Hello Week

Warm Welcome
Kick off the week with a team of students at the entrance to your school to cheer on students at they enter and say “hello.” Make it a celebration with party whistles and kazoos!

Mixed Grade Mixers
Plan mixers between grade levels to help students reach out to one another and serve as friends, mentors and advisers.

Start With Hello Wall
Post a giant sheet of banner paper in the hall or cafeteria and ask students to write their favorite conversation starters.

Start With Hello Photo Booth
Create a photo booth with fun props (think green feather boas or giant glasses!). Ask students to pose for photos in pairs with people that they don’t usually talk to.

Time Capsule
At the end of the week ask students to write their favorite activity or memory from the week and add to a time capsule.

Human Bingo
Create a bingo sheet with different prompts (e.g. find a person who was born in another state, find a person who is new to the school, etc.) and have students fill their sheet with different signatures from students who fit the criteria. Offer a prize for each person who turns the sheet in by the end of the day. A sample Human Bingo sheet is available in the Start With Hello Educator Guide.

Letter Writing
Provide students with blank notecards and envelopes to write letters to students that they have never talked to or overlook.

Sticky Note
Give students sticky notes and ask them to write encouraging or kind words to others – especially those that they don’t yet know – and put them on others’ lockers, desks or books.

Create a Video
Why not show your school spirit by including students across the school in a Start With Hello video? Be creative and have some fun.

Guest Speakers
Invite guest speakers who can talk first-hand about the importance of Start With Hello to speak at a school-wide assembly. Think about local physicians, mental health providers, law enforcement, elected officials, business owners or civic leaders.
START WITH HELLO TIPS:

Keep your audience in mind! You know what will work best at your school. What activities would students like? What would encourage them to participate?

Reach out to the clubs at your school to get their ideas and identify ways they want to use their talents to promote Start With Hello Week.

CREATE LIFELONG friendships
START WITH HELLO WEEK LEADER RESOURCES
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<tr>
<th>MONDAY</th>
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<th>WEDNESDAY</th>
<th>THURSDAY</th>
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Resource #2

**TASK LIST**

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Resource #3

BUDGET FORM

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TOTAL:

START WITH HELLO TIP: Reach out to local businesses and see if they would be willing to donate money or materials.
Resource #4

REFLECTION

Now that Start With Hello week is over, take time to reflect on what went well, what didn't, and what you can do to make next year even better!

WHAT WAS YOUR FAVORITE PART OF THE WEEK?

WHAT WAS YOUR LEAST FAVORITE PART OF THE WEEK?

WHAT WOULD YOU DO DIFFERENTLY NEXT YEAR?
Resource #5

**SUSTAINABILITY PLAN**

Social isolation happens year-round. Make a plan to carry the momentum of Start With Hello into the rest of the school year. Use the ideas below or create your own!

- Create a Start With Hello club tasked with fostering connection and reducing isolation all school year or bring Start With Hello to an existing club.
- Start a sign up sheet to recruit students to help plan next year’s Start With Hello Week.
- Have a Start With Hello informational table at events through the year such as parent teacher conferences, sporting events, and music or theatre performances.
- Designate Start With Hello days throughout the year.
- Write a newspaper article or blog post to re-cap Start With Hello week.
- Include a reminder to “Start With Hello” in your school’s morning announcements.

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<th>TIME FRAME</th>
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23
### THE "5 Ws"

| WHO: Who are you? Name/Nickname? |
| WHAT: What are your favorite things to do? |
| WHEN: When did you move to town? |
| WHERE: Where is your favorite place to visit? |
| WHY: Why is it your favorite? |

### 'IF YOUs'

| If You... |
| Were a fish, bird or animal, what would you be? Why? |
| Could do anything, what would you do? Why? |
| Were a super hero, who would you be? Why? |
| Created your own nickname, what would it be? Why? |

### YOUR FAVES

| Color, animal, holiday, food, musician, book, video game, artist, tv show, class, sport, movie |

### "THIS OR THAT"

| Would you rather... |
| Live in the city or country? |
| Be a fish or a cow? |
| Be a musician or a sports star? |
| Drive an electric or gas car? |

### "MY SHOES"

| Share stories of where your shoes have gone: |
| Vacations? Parts of a city or country? |
| Different cities, states, and/or countries? |
| Beach, mountains, desert? |

### CREATE YOUR OWN!

| Color, animal, holiday, food, musician, book, video game, artist, tv show, class, sport, movie |

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**Resource #6**

**ICEBREAKER CARDS**

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**THE "5 Ws"**

| WHO: Who are you? Name/Nickname? |
| WHAT: What are your favorite things to do? |
| WHEN: When did you move to town? |
| WHERE: Where is your favorite place to visit? |
| WHY: Why is it your favorite? |

**'IF YOUs'**

| If You... |
| Were a fish, bird or animal, what would you be? Why? |
| Could do anything, what would you do? Why? |
| Were a super hero, who would you be? Why? |
| Created your own nickname, what would it be? Why? |

**YOUR FAVES**

| Color, animal, holiday, food, musician, book, video game, artist, tv show, class, sport, movie |

**"THIS OR THAT"**

| Would you rather... |
| Live in the city or country? |
| Be a fish or a cow? |
| Be a musician or a sports star? |
| Drive an electric or gas car? |

**"MY SHOES"**

| Share stories of where your shoes have gone: |
| Vacations? Parts of a city or country? |
| Different cities, states, and/or countries? |
| Beach, mountains, desert? |

**CREATE YOUR OWN!**

| Color, animal, holiday, food, musician, book, video game, artist, tv show, class, sport, movie |
Resource #7
PRINTABLE NAME TAGS

Hello! MY NAME IS...

Hello! MY NAME IS...

Hello! MY NAME IS...

Hello! MY NAME IS...

Hello! MY NAME IS...

Hello! MY NAME IS...

Hello! MY NAME IS...

Hello! MY NAME IS...

Hello! MY NAME IS...

Hello! MY NAME IS...

Hello! MY NAME IS...

Hello! MY NAME IS...

Hello! MY NAME IS...

Hello! MY NAME IS...
Resource #8

SELFIE CARDS

WHY I “START WITH HELLO”

MY PLEDGE CARD: