

Theme of the Day: **LOVE**



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Activity 1: Love Notes

Activity Description:

Parents can start the week off right by writing a small love note to each family member. The note should tell a specific example of why or how much you love the family member. Possibly write the note on red or pink paper, or cut it out in the shape of a heart...anything that shows love!

You can give the notes in a fun way. Some examples include, place the special note at each family members spot at the breakfast table, or tape the note to the bathroom mirror, or put it on their pillow when they wake up, etc.

Activity 2: At the Dinner Table!

Activity Description:

Plan a special LOVE dinner. Some suggestions include, everyone in the family can help make something they love to eat, or get take out dinner that the family loves, or every food item made can be red- red pasta with marinara sauce, a salad with tomatoes, red velvet cake, etc.

Tonight at dinner, talk about *Seven Days Make a Ripple, Change the World*. You can start by watching the short video on the homepage at <http://givesevendays.org> Discuss how your family could participate in this week-long event and discuss what you all want to do to make a ripple and change the world. Then talk about today's theme, love. Have everyone tell one story about love related to the family.

- A parent can tell the story of how they fell in love with their spouse.
- A parent can tell the story of how a child's birth brought love into the family.
- A child can tell the story of how they love their pet and a fun time they shared together.
- A child can tell their story of how they love grandma, grandpa, an aunt, cousin, etc. and share about a fun time they had together.
- Discuss ways your family can show love to each other every day.

Share your photos and experiences @givesevendays on Facebook, Twitter and Instagram using the hashtag #givesevendays. To share more detailed events, email info@givesevendays.org with your school name.