



Possible School Morning Announcements

MONDAY-

Tomorrow we will begin SevenDays®! Each day there will be a new theme to help us focus on kindness and understanding of differences. It will also help us all Make a Ripple to Change the World! If you want more information about events going on this week, outside of school, please check out the website, givesevendays.org SevenDays® hosts daily events, mostly at no cost to you! Consider joining us each day!

TUESDAY -

LOVE DAY- Today's SevenDays® theme is LOVE! Take some time today to reach out to those who care about you. Make it a day filled with appreciation. Let your teachers, coaches, friends and family know that you LOVE them!

WEDNESDAY -

DISCOVER DAY - Today's SevenDays® theme is DISCOVER. Take time to learn and listen discover something new. Find out something about a friend or family member that you didn't know before. Share your new discovery with friends and family tonight!

THURSDAY -

OTHERS DAY - Today's SevenDays® Theme is OTHERS. today give of yourself to others, whether through a charitable organization or on your own. Consider finding some friends that have the same interests as you and do a community service project with them!

FRIDAY -

CONNECT DAY - The SevenDays® theme for today is CONNECT! Take some time today to reconnect with family and friends. Find someone that you want to get to know better and spend some time with them. Ask them questions, do something fun, or just let them know you want to be friends!

*NOTE- If your school follows the SevenDays schedule, the next two days will be over the weekend. Feel free to give your students ideas about how to spend the weekend focused on the themes of YOU and GO! Suggestions are below. Remember that our website will list SevenDays® hosted events for anyone to attend free of charge. givesevendays.org will have those resources.

SATURDAY-

YOU DAY - Today, take time to care for YOU- mind, body and soul. Spend a few minutes thinking about how to best take care of YOU. Find activities that engages your body, mind and spirit.

SUNDAY -

GO DAY - The SevenDays® Theme today is GO! Do something active outside if you can! Engage in an activity with family and friends in a way that makes you GO!

MONDAY -

ONWARD DAY - Today's SevenDays® theme is ONWARD. How are you going to take the lesson you learned this week ONWARD? What are you going to do that Makes a Ripple to Change the World? Consider writing some Ripple goals to keep you focused onward. Connect with SevenDays® through our website givesevendays.org.