

# SevenDays®

MAKE A RIPPLE, CHANGE THE WORLD

**Mission:** We provide opportunities encouraging all people to increase kindness through knowledge, mindset, and behaviors.

**Vision:** Make a Ripple to Change the World by Connecting Communities.

## HOME RESOURCES

DAY	DATE	THEME & EVENTS
	Tuesday, April 21, 2020	<b>LOVE - Reach out to those whom you care about</b> Make it a day full of love. Write a small note to each family member to show them your appreciation and love.
	Wednesday, April 22, 2020	<b>DISCOVER - Take time to broaden your worldview</b> Discover another religion. Research another faith with your family. Look for similarities, differences and discuss what surprises you.
	Thursday, April 23, 2020	<b>OTHERS - Give of yourself to others</b> Invite neighbors/friends for coffee and make your guests feel special and welcomed. Do an act of kindness for someone that needs it.
	Friday, April 24, 2020	<b>CONNECT - Gather together with others</b> Connect or reconnect with friends/family. Emphasizing the importance of meaningful connections. Encourage your family to spend quality time with their friends and relatives.
	Saturday, April 25, 2020	<b>YOU - Taking Care of YOU - Mind, Body &amp; Soul</b> You have our permission to focus on yourself today. Do something good for you. Realize that self-care is necessary, not selfish.
	Sunday, April 26, 2020	<b>ONWARD - Join us! Faith, Love and Walk at the National WWI Museum and Memorial</b> Discuss the importance of continuing onward with kindness. Commit to actions that make ripples of kindness in the world and yourself and hold each other accountable.
	Monday, April 27, 2020	<b>GO - Take it outside</b> We encourage you to take a walk outside. Challenge yourself to engage in an outdoor activity. Breathing fresh air helps everyone feel better.

**WWW.GIVESEVENDAYS.ORG**

Schools can participate too! Share this site with your neighborhood school.  
Visit <http://GiveSevenDays.org/school-resources/> for school resources!

**#BeTheRipple**  
**#GiveSevenDays**