

ONWARD DAY

Instagram Ripples

Prep Time:
10 minute discussion

Activity Time:
5 minutes to post

Encourage students to start a positive instagram (or other social media platform) ripple of kindness that keeps moving ONWARD.

This activity is meant to keep a ripple of kindness going via social media. Since this is the last day of SevenDays® we want the ripple to continue as far and wide as possible.

1. Ask students to think about someone who made a positive impact on them. Encourage them to choose someone they haven't already connected with through SevenDays®.
2. Ask them to find a photo of that person to post.
3. Ask them to tag the person in the photo.
4. They write the following - ***"I nominate @_____ to post and tag 3 people that made a positive impact on him/her. Let's flood social media with people that Make a Ripple and Change the World. Thank you, @_____ for making an impact in my life."***
5. They also write WHY they chose this person - what was the positive impact? Example- ***I chose _____ because I know she will always be there when I need her. Thank you, _____ for encouraging me to keep trying even when I was ready to give up.***
6. Tag @GiveSevenDays and #BeTheRipple, #GiveSevenDays
7. Then see how far our ripples travel!