

LOVE DAY

Gratitude

Text

Prep Time:

5 minutes

Activity Time:

10 minutes

Text in school? Yes, for kindness!

Take the time to text someone you are thankful for or someone you haven't reached out to in a while. Remind them that they are appreciated!

1. Take 5 minutes to talk to your students about why we show love and appreciate to others. Take responses from the class. Ask students to think about who in their lives has not gotten enough love recently.
2. Allow the students to text that person in class.
3. If time allows, ask students if they feel comfortable sharing their text. How did sending that text make them feel? How do they think it made the other person feel? How would they feel if someone sent them the same kind of text?
4. Recommend that your students send more texts of love and gratitude when they are on their own time.

Use #BeTheRipple and #GiveSevenDays and tag @GiveSevenDays!

Theme of the Day: **LOVE**



Educational Resources- Secondary Level

Activity 1: Spirit Week

Subject: All

Prep Time: None

Activity Time: N/A

Activity Description:

Encourage students to wear red clothing items (shirts, pants, socks, jewelry, etc.) to demonstrate the power of love. Teachers can ask students in their class rooms why love is important, how love has affected them, how love can affect others. Ask students to take pictures of themselves or a teachers' whole class in red or with hearts and other symbols of love. Students could form a standing heart formation and post this physical depiction of love. They can post on social media using the hashtag #givevendays

Activity 2: “Love Has No Labels”

Subject: Any

Prep Time: None

Activity Time: 5-10 minutes

Activity Description:

<https://www.youtube.com/watch?v=PnDgZuGlhHs>

Teachers, display this video to your class and explain that love has no labels. Regardless of our religions, races, genders, we are all people and we all deserve to be treated with kindness and respect. If time allows, teachers can have a discussion or time for reflection about why it is important to be open to love and openly give love. We never know when one small act of love can turn around someone's day.

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

Theme of the Day: LOVE



Educational Resources- 7th - 12th

Activity: Spirit Day

Subject: Love

Prep Time: N/A

Activity Time: N/A

Activity Description: **Read the information below for school announcements the day before this Spirit Day.*

For LOVE day, wear any red (or shade of red) apparel (ex.-shirts, pants, shoes, socks, jewelry) to represent love. Let's start SevenDays off right by showing our LOVE to ourselves and each other! To display love, take pictures with people who you love (parents, other family, friends) and post on social media. Use #BeTheRipple and #GiveSevenDays

Activity: Spirit Day

Subject: Love

Prep Time: N/A

Activity Time: 10 - 20 min.

Activity Description:

Teachers are encouraged to take ten minutes to have their students discuss how LOVE has an important role in their life and how they show others they love them. One student per group should make a list of the thoughts from the group and be ready to turn them into their teacher to discuss as a class. If the students are comfortable, they are encouraged to also show the class pictures of the people they love most and explain why.

Theme of the Day: **DISCOVER**



Educational Resources- Secondary School

Activity 1: Spirit Day - Discover

Subject: Any

Prep Time: None

Activity Time: N/A

Activity Description:

Wear white for Reat! Two years ago, BVHS freshman Reat Underwood was shot and killed in a hate crime. Please encourage students to wear white to represent the purity of love and kindness. Wear white to remember Reat.

Ask the students to consider introducing themselves to someone they don't know, or someone they want to get to know better. Take this opportunity to discover that we are more alike than we are different. Take one bold step to show kindness and concern for others, just like Reat.

Activity 2: Lunch Time Conversations

Subject: Lunch

Prep Time: 10 minutes

Activity Time: Lunch period

Activity Description:

Teachers, print and place cards on lunch tables with conversational questions such as...

1. Do you have any family traditions, if so, what are they?
2. What in your life is most important to you (religion, family, etc.)?
3. Where is your favorite place that you have traveled? Why?
4. Where is somewhere you would like to travel? Why?
5. What is a culture you are particularly interested in learning about?
6. What is your favorite... book? Movie? TV show? Band? Type of music?
7. What is your favorite memory at this school?
8. What is your favorite subject at school? Why?

Challenge students to discover new things about their lunch friends. Ask lunch monitors (staff, student council, another club) to circulate and encourage participation.

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Theme of the Day: Discover



Educational Resources- 7th - 12th

Activity: Spirit Day

Subject: Any

Prep Time: N/A

Activity Time: N/A

Activity Description: **Read the information below for school announcements the day before this Spirit Day.*

For DISCOVER day, wear camouflage to school. The camouflage represents how we hide our complex human identity. It symbolizes your emotional camouflage in everyday life, such as disabilities, religious beliefs, differences, fears, family problems, issues with friends, etc. The physical camouflage represents the hidden parts of ourselves that we ALL have. Seeing all the other kids in camouflage lets you know you are not alone.

Activity: Discover someone

Subject: Any

Prep Time: 0

Activity Time: 30 min. -up to 1 class period

Activity Description:

Teachers are encouraged to take a moment in class to have their students separate into small groups to discuss their values, and religious beliefs. Give students the opportunity explain (in a safe environment) why their views are important to them. After, as a class, the teacher is encouraged to open the opportunity for students to share their thoughts in front of the class and ask why it is important for students to respect their peers opinions.

Here are some sample conversation starters for the teachers to use:

“What are some family traditions you have?”

“Why are these religious beliefs important to you?”

“How do you practice your faith?”/“What day of the week do you practice your faith?”

CONNECT DAY

Scavenger Hunt - Show & Tell

Prep Time:
5 minutes to read these directions

Activity Time:
15 -45 minutes

Help your students CONNECT with each other on a deeper level with this virtual activity. When your class is having a virtual lesson, take a few minutes to allow them to connect.

Inform your students that they will be completing a scavenger hunt within their home. Explain that they will each have to share (talk about) at least one of their items. Giving them this knowledge ahead of time allows them to mentally prepare for sharing. Ask each student to go find the items on the list below.

It is your choice if you give them the entire list at once or one item at a time. (One option is to complete half the list today and the other half on another day.)

Once your students have found the items, ask for volunteers to tell the class why they chose an item. You may need to call on students if they are afraid to volunteer.

ITEM LIST

1. An item that shows your favorite color
2. Your family pet (if you have one) or a stuffed animal if you don't
3. A picture of your family or friends
4. Your favorite book
5. Something from your childhood
6. Your favorite snack
7. Something that smells good
8. Something you use every day
9. An item that makes an interesting sound
10. A family heirloom or an item that is important to your family

After everyone has shared, ask a few students to tell the class something they didn't know about someone else that they thought was interesting. Call on them if they won't volunteer to speak.

Explain to students that getting to know each other better helps them to be more accepting and compassionate towards each other. We all have similarities and differences. Sometimes if we recognize the similarities, the differences don't seem so big.

Theme of the Day: **CONNECT**



Educational Resources - Secondary Level

Activity 1: Old Friends

Subject: Any

Prep Time: None

Activity Time: 5-30 min

Activity Description:

Teachers, encourage students to find a friend they haven't spoken with for a long time. Have the students think back to elementary or middle school. Who was someone they have lost touch with over the years? Connect. Tell them to ask each other how they are doing and what they have been up to. Students will rekindle relationships and learn the importance of staying in touch with old friends. Encourage students to post photos or descriptions of their conversations to @givesevendays.

Activity 2: Group Photo

Subject: Any

Prep Time: 0-10 min

Activity Time: 5-30 min

Activity Description:

Have your school, grade, or class connect by taking a group photo. Students can hold signs that say something about how they are connected. For example, "Our class connects through kindness," "Be kind to one another," or "SevenDays." If you want to be really creative, have the photo taken from the roof of your school and put the students in a special formation. They could be in the shape of a heart, a peace sign, or a word like "Peace," "Love," or "7 Days."

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.

Theme of the Day: CONNECT



Educational Resources- 7th – 12th

Activity: Spirit Day

Subject: Any

Prep Time: N/A

Activity Time: N/A

Activity Description: **Read the information below for school announcements the day before this Spirit Day.*

For CONNECT day find a friend (or more) to match with clothes, hair, or any other creative way. Show your connection to friends by being the same for one day. Here is the hard part...think of someone **new** to invite to dress like you and your friends. Including someone else will feel awesome to you and them. Connecting with friends is great but going forward to connect with someone new is even better! Take pictures together and post to social media with #BeTheRipple and #GiveSevenDays.

Activity: Post-it Note Challenge

Subject: Any class

Prep Time: N/A

Activity Time: 10-20 minutes

Activity Description:

Write 5-10 positive thoughts or feelings about different people you know on post-it notes. The notes should be specific in order to brighten their day. This activity represents the little things that can connect us to others and improve the days of people around us. We never know what a person is going through and even a small, but heartfelt post it note could make the difference.

OTHERS DAY

Historical Figures

Prep Time:

5 minutes to read these directions

*Make sure your students have the ability to do breakout rooms, share screens and make powerpoints or another format to display

Activity Time:

Total- 50-60

Directions-
10 minutes

Research-
10 minutes

Presentation
Slide-
10 minutes

Breakout
Rooms-
20 minutes

Help your students learn about someone “other” than themselves in a quick virtual lesson! This is a mini research project while in a zoom (virtual) class with you. Part of the fun is going fast!

Let your students know they will be “flash researching” a person that made the world a better place and is creating ripples of kindness. They may choose a historical figure that they admire, or they can choose from the list below.

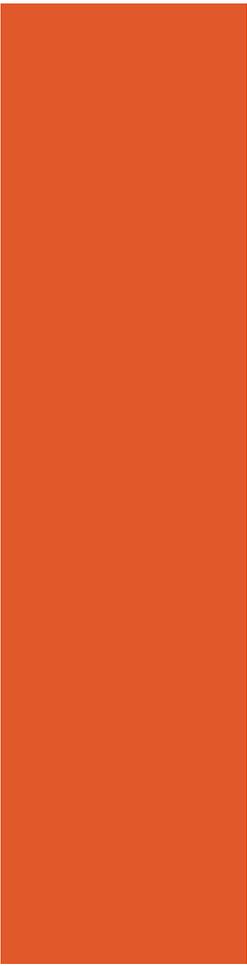
Historical Figure is defined as a person who lived in the past and whose deeds exerted a significant impact on other people's lives and consciousness. These people helped OTHERS in their community or possibly reached even farther.

List of Potential Historical Figures

1. Nelson Mandela
2. Malala Yousafzai
3. Ruth Bader Ginsburg
4. Mahatma Gandhi
5. Martin Luther King Jr.
6. Niels Bohlin
7. Bryan Stevenson
8. Maurice Ralph Hilleman
9. Vasili Arkhipov and Stanislav Petrov
10. Norman Borlaug
11. Henrietta Lacks
12. Eugene Lazowski
13. Willis Carrier
14. Rick Rescorla
15. Elisabeth Cady Stanton
16. Ida B. Wells
17. Rachel Carson
18. Florence Nightingale
19. Aristotle
20. Alexander Fleming

Once your students have chosen (or been assigned) their person, have them complete the following steps.

1. Research on your computer for 10 minutes only - (Not Wikipedia) and answer the following questions about your person.
 - a. Who did you choose and why were you drawn to that person?
 - b. When did they live/die?

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- c. What did they accomplish that made a significant impact in the lives of others?
 - d. How did it make the world better?
 - e. Include one interesting anecdote about the person.
 2. Make a 1 page presentation- within 10 minutes (Use Powerpoint or other display method)
 - a. Include 2 photos of the person
 - b. A photo, image or description of what they did.
 - c. Their birth and death dates.
 3. In breakout rooms- take turns spending about 5 minutes each to present your results
 - a. Share your screen with your powerpoint
 - b. discuss the following questions
 - i. Who is your person
 - ii. What did they do
 - iii. How did it make the world better
 - iv. What is your interesting anecdote about them
 4. Turn in the following items to your teacher.
 - a. Your powerpoint page
 - b. A list of 2-3 things you learned about OTHER people (accomplishments) when your group was presenting
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Theme of the Day: **OTHERS**



Educational Resources - Secondary Level

Activity 1: Spirit Day – Others

Subject: All Day

Prep Time: None

Activity Time: N/A

Activity Description:

Encourage students to root for others by wearing a sports jersey of a friend or team that they otherwise might not support. They can wear the jersey or t-shirt from any activity at school or out of school. Suggestions include: a friends football jersey, soccer jersey, debate club t-shirt, musical t-shirt, shirt from a club team or activity- like dance studio, club volleyball, tennis team, art club, etc. They could even wear a work t-shirt of a friend. Examples would include- from a local restaurant, movie theater, or car wash where their friend works.

Activity 2: Whiteboards

Subject: Any

Prep Time: 5 min

Activity Time: During 1 class period or lunch

Activity Description:

Teachers, gather a number of whiteboards and markers. Tell students to get in groups (2 or more) and write down something they like about one of their peers in their group. Help them brainstorm specific and concrete ideas. Be creative. Teachers can give examples like- instead of saying “You are nice.” be specific and say “You are nice because you...help your grandma do yard work, always give a smile to anyone, think of others feelings.” etc.

Decorate the whiteboard share the results with your group and possibly other groups if there is time. Encourage students to take a picture with their whiteboards and post on social media using the hashtag #givesevendays.

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.

Theme of the Day: OTHERS



Educational Resources- 7th - 12th

Activity: Spirit Day

Subject:All

Prep Time: none

Activity Time: N/A

Activity Description: **Read the information below for school announcements the day before this Spirit Day.*

We encourage all students to dress up as Superheroes tomorrow. You can be a Superhero that already exists or make up your own. In modern day times, a superhero is defined as someone who helps OTHER people and fights evil. Show how you are a Superhero with the power to help OTHERS in your own unique way!

Activity:

Subject: *any subject- schools can determine which subjects teach each lesson on any given day

Prep Time: none

Activity Time: 30 min - up to 1 class

Activity Description:

Teachers can ask students to pair up with friends. Then the groups discuss which Superhero they would want to be and why. Once they have discussed this, teachers ask students to think about how they, as the superhero, would serve OTHERS. What ripple of kindness would your students make dressed as their Superhero?

Use the Think, Pair, Share strategy to present their information.

Theme of the Day: **YOU**



Educational Resources- Secondary Level

Activity 1: Spirit Day - You...to the MAX!

Subject: Any

Prep Time: None

Activity Time: N/A

Activity Description:

Encourage students to dress in a way that they feel defines an aspect of who they are. Students should think about who they are and what represents them. Some suggestions could include dress in athletic wear from the sport they play or like watching, in clothing from their particular culture, as a famous person they aspire to be like, in clothes that show their style- casual, formal, preppy, dramatic, etc. Students can get silly and go all out!

Activity 2: Relax

Subject: Any

Prep Time: None

Activity Time: 5 minutes

Activity Description:

Teachers, give students 5 minutes to take time for themselves. Explain that a way to take care of You in the middle of a busy day, doesn't need to be something big. It can be finding 5 minutes to relax. Those 5 minutes can give you a new mindset or energy level that will make your day more productive and happy.

Maybe this means students lay their head down and think, maybe they need to catch up with a friend or take a few deep breaths to let some stress out. There are numerous 5 minute breathing exercises available on the internet that provide wonderful stress relief. Teachers could also consider showing this short inspiring youtube video: "Think Different"

https://www.youtube.com/watch?v=dX9GTUMh490&feature=em-share_video_user.

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Theme of the Day: YOU



Educational Resources- 7th - 12th Grade

Activity: Spirit Day

Subject: Any

Prep Time: N/A

Activity Time: N/A

*Activity Description: *Read the information below for school announcements the day before this Spirit Day.*

For YOU day, dress in clothes that represent YOU. For instance, if you are into sports and are very athletic, you can wear athletic clothes. If you like art, dress as an artist would. Whatever you can wear that will represent your personality and interests, go for it! Teachers are encouraged to ask the class to share why they dressed as they did.

Activity: Talk about YOU!

Subject: Any

Prep Time: 0

Activity Time: 15 minutes

Activity Description:

Encourage students to talk in small groups about what traits they possess that makes them special. Teachers can ask leading questions like:

1. What personality traits are your best?
2. What do you do that makes you happy?
3. How do you think other people describe you? Why?

They can write their thoughts on a sticky notes to put in the classroom if they want and can also tell their classmates about what hobbies they have and what they like to do in their free time.

GO DAY

Brain Breaks

Prep Time:
5 minutes to
read the
instructions

Activity Time:
5-10 minutes

Give yourself and your students permission to take a “brain break”. We present this to you on GO day because we know our society is Go Go Go and sometimes our brains need a break.

This activity works best when students are learning new material and/or it’s a heavy direct instruction day. Plan a brain break mid lesson. After the brain break, you can continue with the lesson. Your students will be reinvigorated. Allowing your students the opportunity to choose which type of brain break might also prove beneficial.

Purpose of Activity: The purpose of a brain break is to allow student’s brains to refocus and to destress. They help clear our minds, give time for our brains to process the information previously received, and refresh for more learning!

1. High Energy Brain Break
 - a. Obstacle Course- Give your students time (5-10 minutes) to do an obstacle course from the comfort of their own homes or outside! You can give them some simple directions or this link.
 - i. https://www.youtube.com/watch_popup?v=KFbbjLdmpBQ
 - ii. Jump over 2 things, Crawl under 1 thing, run up and down 1 set of stairs 2 times, Stand in your shower and sing your ABC’s song, Open a closet door, then open a bedroom door. Go back and shut both doors, skip from one room to the kitchen and back. Do 10 jumping jacks then come back to your seat.
2. Calming Brain Break
 - a. Slow deep breathing exercise. Play this video for up to 10 minutes. Stop when you think your class is ready to get back together.
 - i. <https://www.youtube.com/watch?v=oaJDfWCn4fl>
3. Teacher Led Brain Break
 - a. Play a game of Simon Says
 - i. Allow the students some wiggle time by asking them to do physical things. Example- Simon Says Jump 5 times. Simon Says Reach to the Sky, Simon says touch your toes
 - b. Play a game of Hangman
 - i. Think of a fun word or phrase for them. Possibly relate it to the lesson you are learning

Theme of the Day: **GO**



Educational Resources- Secondary Level

Activity 1: Spirit Day- Go!

Subject: Any

Prep Time:

Activity Time:

Activity Description:

Today is all about exercising your body and mind for your own well-being. Have students dress in exercise clothes. For example, track suits, sweats, tennis shoes, etc. Students could get silly and do “80’s exercise” with head bands, wrist bands, and leg warmers! etc.

If it is possible, give the students an opportunity to do a school walk. They can do it before or after school or during lunch. It’s an opportunity to show off their exercise clothes and get their bodies moving!

Activity 2: Take it Outside!

Subject: Any

Prep Time: 0 min

Activity Time: Up to one class period

Activity Description:

Teachers choose a lesson that can be done outside. Writing, reading groups, math lesson with dry erase boards, natural science lesson using the outdoors, art class- drawing nature, music singing or playing easily movable instruments, foreign language practice outside, etc.

Explain to the students that changing your environment can give you a different perspective on any subject. After you have finished the class, ask the students to think about how they can make learning more fun on their own. Can they do homework outside? Can they try to earn more “outdoor learning time” in class with good behavior and attitudes?

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To share more detailed events email info@givevendays.org with your school name.

Theme of the Day: GO



Educational Resources- 7th - 12th

Activity: Spirit Day

Subject: Any

Prep Time: N/A

Activity Time: N/A

*Activity Description: *Read the information below for school announcements the day before this Spirit Day.*

Today is all about your well-being and keeping your mind and body healthy. Students are encouraged to dress in athletic clothes (ex.- sweats, tennis shoes, athletic shorts, etc.) to resemble being active. It is important to take care of yourself so teachers should take a couple minutes to discuss why it's important to keep good mental health as well as physical health as a class.

Activity:

Subject: Any

Prep Time: 0 min.

Activity Time: Up to one class period

Activity Description:

Teachers are encouraged to take students outside for any educational lesson. It can be a science lesson, a math lesson with white boards, etc. Teachers should explain to their students that a different environment can give them a different perspective on learning material. After the class is finished the teacher should ask the students how they can make learning more fun on their own and share out ideas.

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!

Theme of the Day: **ONWARD**



Educational Resources- Secondary School

Activity 1: Spirit Day - Onward

Subject: All

Prep Time: None

Activity Time: N/A

Activity Description:

Encourage students to wear their SevenDays t-shirts or blue t-shirts to raise awareness for the SevenDays walk. Explain that the walk is today and the significance of the blue color is to look like a ripple of water that is moving out and causing a larger effect of kindness throughout our community and reaching as far as possible.

Activity 2: “I walk for...”

Subject: Any

Prep Time: 5 minutes

Activity Time: Lunch or in class

Activity Description:

Gather a number of whiteboards and markers. Discuss with students the concept that they can be a positive influence to move kindness onward. Explain they can do this today, tomorrow and every day in the future. Encourage students to write on the boards “I walk for ____” “I stand up for _____” “I love _____” “I want to be _____”. This activity allows students to realize who they are and who they want to be now and onward. Students can post pictures with their whiteboards and should tag @givevendays.

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