

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.

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.