

## 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!