

What is SevenDays® and why should you get involved?

SevenDays® Mission is to overcome hate by promoting kindness and understanding through education and dialogue. We want college students and staff to take time to focus on kindness on campus and in their homes in order to get even more out of their college experience.

The SevenDays® Ripple features seven nested rings—four filled with color and three left empty.

- The three empty rings signify the lives tragically taken by hatred of people that were different. William Corporon, Reat Underwood and Terri LaManno lost their lives on April 13, 2014 in the KC area Jewish facilities by a white supremacist.
- But the other four show that even through tragedy, our communities possess a spirit filled with color, vibrance and life that can never be taken away.
- Finally, the interconnected nature of the rings represents [inclusion](#), [wholeness](#), [kindness](#), [mobility](#), and [our commitment to creating centered, focused lives](#) for ourselves and for the ones we love. With this ripple, our goal is to create a wave of positive change for the future.

SEVENDAYS® ALIGNS WITH WHAT YOU ARE DOING



These words were all pulled from the mission, vision, and goal statements of area colleges and universities.

SevenDays® Mission:

SevenDays overcomes hate by promoting kindness and understanding through education and dialogue.

April 2022

We ask you to dedicate 7 days to share the following themes.

Day 1:



Reach out to those you care about. Let them know how much they mean to you.

Day 2:



Take time to broaden your worldview. Discover something or someone new.

Day 3:



Focus on others. Learn about and embrace someone who is an "other" to you.

Day 4:



Seek connections with other people. It makes you and them happier.

Day 5:



Take care of YOU – mind, body and soul. Being kind to ourselves helps us be kind to others.

Day 6:



Go out into the world. Be active, get engaged and spread kindness.

Day 7:



Continue onward with kindness. Commit to future actions that make ripples of kindness.

Choose Your Level of Involvement

LEVEL

1

- ☐ Order and pass out stickers
 - ☐ Can be found for free on our website www.GiveSevenDays.org
- ☐ Make your own or use our posters! Display posters with the day's theme
- ☐ Post your kindness on social media and tag us!
 - ☐ @GiveSevenDays
 - ☐ #GiveSevenDays
 - ☐ #BeTheRipple

LEVEL

2

- ☐ Everything from Level 1
- ☐ Engage your group with some Kindness Activities throughout your seven days. Some suggestions are below. (Added ideas are at www.givesevendays.org)
 - ☐ Be sure to follow local COVID-19 guidelines.

LEVEL

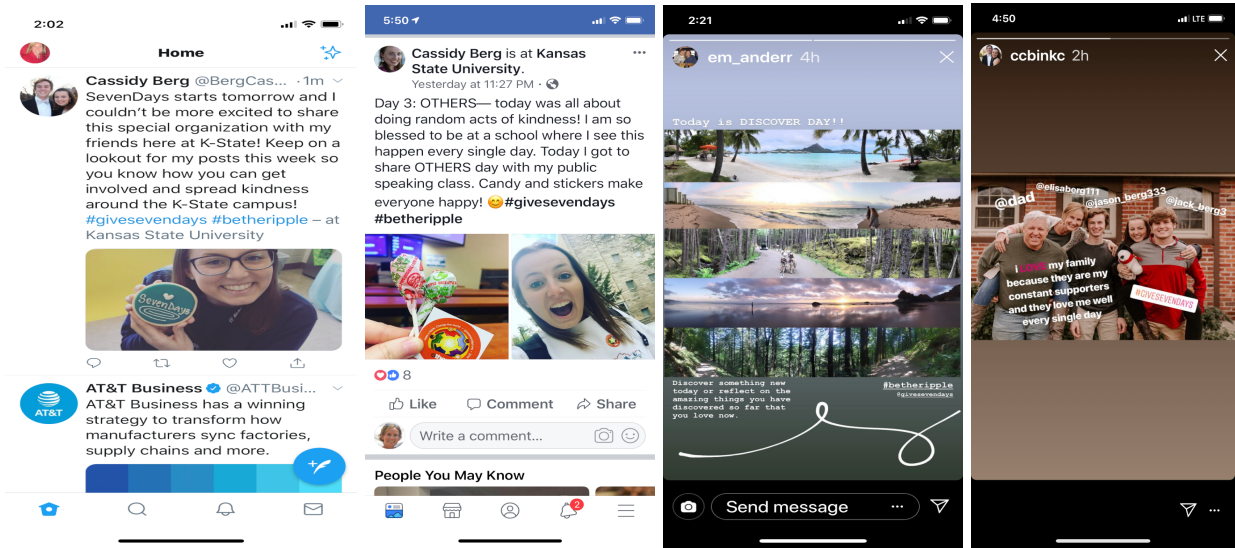
3

- ☐ Everything from Level 2
- ☐ Organize a Kindness Walk or Kindness Rally for staff and students
 - ☐ Be sure to follow local COVID-19 guidelines.

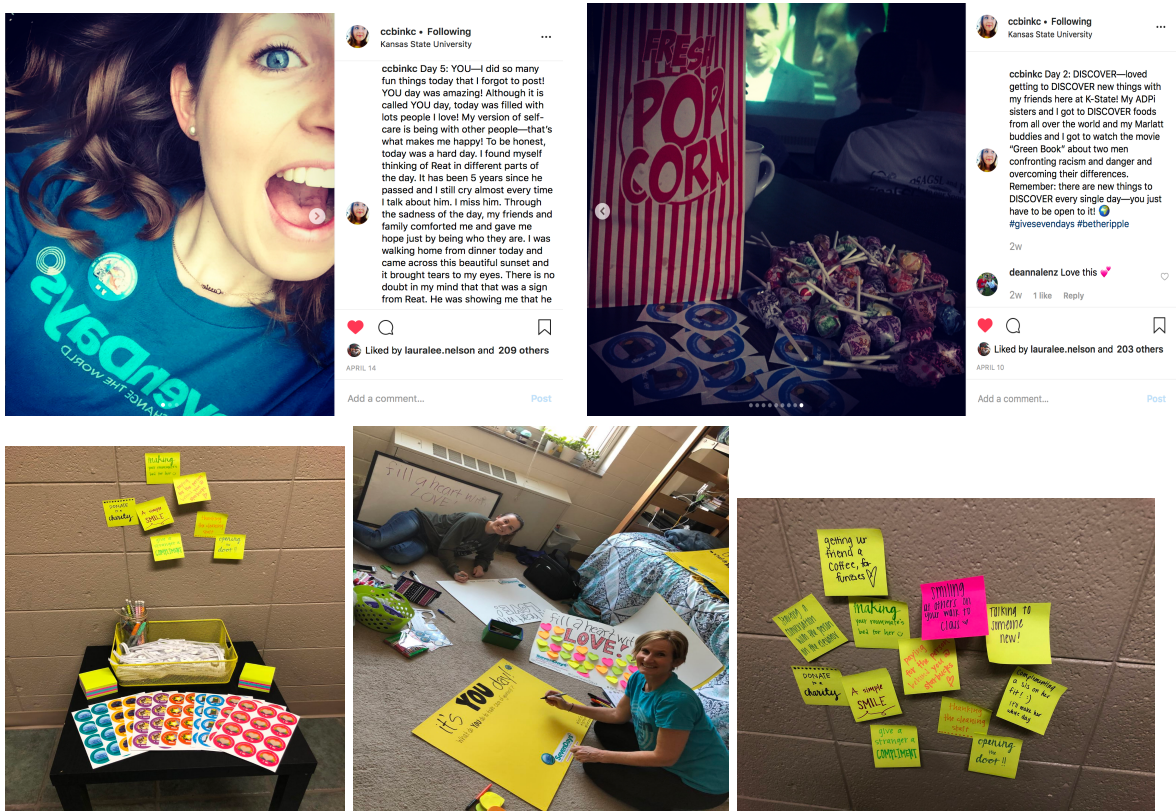
OTHER OPTIONS

- ☐ Host a guest speaker to talk about diversity and inclusion
- ☐ Have an art project or writing prompt based upon one or all of the Seven Days themes
- ☐ Hang a "Graffiti Wall" where students can write positive words about inclusion, acceptance, kindness, and respect
- ☐ Reach out to SevenDays for more opportunities

Examples of Social Media Posts



Photos from Previous Years



ACTIVITIES

LOVE DAY

Social Media

Prep Time:

30-60 min

Activity Time:

Throughout

Day

Make opportunities for students and staff to post about Love.

Include an “ask” for them to tag @GiveSevenDays and use our hashtags: #GiveSevenDays, #BeTheRipple. Suggestions include:

1. Chalking approved areas on campus with hearts, encouraging messages (You are loved. Kindness is love in action) and #GiveSevenDays #BeTheRipple
2. Write kind characteristics on Post-It notes and put them in a dorm, apartment, sorority, fraternity common area. Instruct your group to put one of the notes on someone’s room door that most embodies this characteristic. Characteristics include: giving, generous, helpful, inclusive, sweet, loyal, sincere, patient, peaceful, faithful, determined, fair, cooperative, confident, resourceful, decisive, enthusiastic, proactive, funny, affectionate, smart, brave, courageous and charming
3. Use a large poster board to make an “Empty Heart” and ask people to add to the love by writing kind notes to friends and tagging them. Have blank Post-Its and markers available.

Love Has No Labels

Prep Time:

None

Activity Time:

5-10 min

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

Share this video via and talk about how 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.

DISCOVER DAY

Discover What's Up

Prep Time:

None

Activity Time:

60 min

What is going on around campus? Google what activities are going on, either on your campus or around town. Look for events, activities, seminars, concerts, plays, anything of interest that will help you discover something new. Write out the list on a big poster and display it in the common area or email the list to your group. Ask if anyone wants to attend one with you!

Share your list on social media and tag us @GiveSevenDays

Movie Time!

Prep Time:

20-40 min

Activity Time:

Movie length

Watch a movie with your roommates. Provide snacks—potentially snacks that are from different areas around the world, so they can ‘discover’ different foods! Choose a movie that shows people overcoming differences and getting to know each other. Some examples include Green Book, The Pursuit of Happiness, The Intern, The Internship, The Perks of Being a Wallflower.

OTHERS DAY

Random Acts of Kindness

Prep Time:

10 minutes

Activity Time:

30 minutes

Declare, post or make a poster stating that Random Acts of Kindness can be done today! Give suggested acts of kindness—like bring candy to your class, make your roommates bed, give someone that works close by a note of thanks—professor, cleaning staff, cooks, fire department, security officer.

If your group collects points, you can give a point for each social media post that tags @GiveSevenDays describing what act of kindness was done. Give 2 points if it includes a picture!

Give Time to OTHERS

Prep Time:

30 minutes

Activity Time:

1-3 hours

What opportunities do you have to give to others? Google local charities or look into needs in your area. Take time to volunteer at a local charity. Post what you are doing on social media in the community because showing what you are doing gives others ideas of how they can make ripples of kindness. Tag @GiveSevenDays

CONNECT DAY

Post-It Note Challenge

Prep Time:

None

Activity Time:

10-20 minutes

Write 5-10 positive thoughts or feelings about different people you know on post-it notes. Put the Post-It wherever everyone can see them. 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 their day. We never know what a person is going through and even a small, but heartfelt post it note could make the difference.

Old Friends

Prep Time:

None

Activity Time:

5-30 minutes

Encourage your group to connect with a friend they haven't spoken with for a long time. Have them think back to elementary, middle or high school. Who was someone they have lost touch with over the years? Reconnect via text, social media, virtual call, etc.

Students will rekindle relationships and learn the importance of staying in touch with old friends. Encourage students to post photos thanking their old friend for reconnecting!

YOU DAY

Talk About You!

Prep Time:

None

Activity Time:

15 minutes

Encourage your group to talk about what traits they possess that make them special. You 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 Post-It notes to put in a common area or a personal space. They can also talk about what hobbies they have and what they like to do in their free time.

Relax

Prep Time:

None

Activity Time:

5 minutes

Think of a way to take care of YOU in the middle of a busy day. Try to find 5 minutes within your day to decompress. Try to find just 5 minutes in your day to decompress. It can give you a new mindset or energy level that will make your day more productive and happier.

GO DAY

Take it Outside!

Prep Time:

None

Activity Time:

30-60 minutes

Study outside! Give your group—club members, dorm floor, apartment complex, sorority, fraternity—the idea that studying outside on a nice day is a kindness to themselves! Get out of your room, library, class, etc. Changing your environment can give you a different perspective on any subject.

Take a Hike!

Prep Time:

20 minutes

Activity Time:

Hike Length

Google public parks in your area. Grab some friends and get outside to take a hike or go for a walk. If the weather is questionable, find a way to be active inside. Kindness to ourselves via fresh air, sunshine and movement give us the ability to be kinder to others.

ONWARD DAY

I Walk For...

Prep Time:

5 minutes

Activity Time:

30-60 minutes

Gather whiteboards and markers, chalkboards or just use your phones. Discuss with your group the concept that they can be a positive influence to move kindness onward. Explain that they can do this today, tomorrow and every day in the future. Encourage your group to write on the boards “I walk for ____” “I stand up for ____” “I love ____” “I want to be ____”. This activity allows the group to realize who they are and who they want to be now and onward. You can post pictures of the whiteboards and should tag @GiveSevenDays.

Future Letter

Prep Time:

None

Activity Time:

15-30 minutes

Go to futureme.org and send an email to your future self. Write about your goals for the next year. Here are some questions to get you started:

- What do you plan to accomplish? What do you want to start?
- What is something new you’d like to try?
- Is there anywhere you plan to be going?

CONTACT US!

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