

Theme: Discover

Educational Resources: 7-12

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 an item of camouflage to school (headband, scarf, shirt, etc.). 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.”

Direct Instruction –

Spirit Day’s can be enhanced in the classroom. Teachers can take a moment to talk about how they camouflaged themselves in high school. How they felt the need to blend in and belong. How the need to belong is true for every human being. Teachers can challenge students to un-camouflage themselves with trusted family and friends. Show their true selves and know they are loved for who they are. Staff will count how many students from each grade is wearing camouflage. Staff may choose to give extra points to students who can explain why they are wearing camo today.

Outcome Measurement: When students dress the same as others in their school there will be a sense of belonging without any lesson. Joining in on anything that a group is doing gives a sense of unity and fitting in.

Sources: SevenDays[®] Inc.

Aligns with Kansas State Standard:

- Social Emotional, Character Development Standards
 - Character Development- Responsible decision making and problem solving
 - Personal Development- Self-Management
 - Social Development- Interpersonal Skills

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****Disclaimer:** The lesson plan above should be adapted to your class- grade level, knowledge base, time restrictions, class make up, etc. Only use what works for your situation.