

SevenDays®

MAKE A RIPPLE, CHANGE THE WORLD

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

Vision: Make a Ripple to Change the World by Connecting Communities.

HOME RESOURCES

DAY, THEME AND SUGGESTED ACTIVITIES



LOVE - Reach out to those whom you care about

Make it a day full of love. Write a small note to each family member to show them your appreciation and love. Show love to someone you miss by sending them a message of reconnection.



DISCOVER - Take time to broaden your worldview

Discover something new today. Take time to learn about another religion, culture, or group of people that pique your curiosity. Research with your family. Look for similarities, differences, and discuss what surprises you.



OTHERS - Give of yourself to others

By offering kindness with your time and gained understanding of “others” in our community, you strengthen our community. Watch a movie or read a book about someone who is different from you. Give a token of kindness (flowers, a note, homemade cookies, etc.) to an “other” in your community. Consider donating blood to the Community Blood Center during our focused SevenDays® blood drives.



CONNECT - Gather together with others

Connect with people today. Take time to connect in whatever way you can. Call a family member that you don't talk to often. Schedule a family reunion in person or using a video platform. Schedule a Happy Hour with friends and include someone you want to know better.



YOU - Taking care of YOU - mind, body and soul

Do something good for you today. Think about what makes you happy, then take the time to do it. You have our permission to focus on yourself today. Acknowledge that self-care is necessary for you and those around you.



GO - Go out into the world

Be more active personally and in the world. Fresh air, sunshine and kindness work well together! Show kindness while being outside. Pick flowers from your garden and give them to a neighbor or consider cleaning up trash in a local park.



ONWARD - Move forward with purpose

Host your own Kindness Walk encouraging family and neighbors to join you in committing to one year of Kindness. Holding yourself and each other accountable, discuss the importance of continuing onward with kindness and outline planned actions for your neighborhood.

[WWW.SEVENDAYS.ORG](http://www.sevendays.org)

Explore many options to engage in Kindness through our website.

<http://SevenDays.org>

**#BeTheRipple
#GiveSevenDays**