

Theme: CONNECT

Educational Resources: 7-12

Activity: Spirit Day: Matching

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.

Direct Instruction –

For CONNECT day find a friend (or more) to match your clothes, hair, or any other creative way. Show your connection to friends by being the same for one day.

Here is the hard part...think of someone new to invite to dress like you and your friends. This should be someone you are aware of but not good friends with. It can be one person or a few, maybe a different group of friends or a few people that you see that don't seem to have a group. Including someone else will feel awesome to you and them. Connecting with friends is great but going forward to connect with someone new is even better!

Be courageous by inviting someone to join you. Research shows that people appreciate being asked. Research also shows that people that ask others to join felt scared at first, but were glad they did. Take pictures together and post to social media with #BeTheRipple and #GiveSevenDays.

Group Discussion –

Teachers should record the amount of students that are participating for any kind of class competition you conduct. You can give extra points for different kinds of participation.

- Those that did invite new people to the group
- Those that can tell you something about the new person they invited
- Those that can tell you how they feel to belong to a group

Partner Activity –

Individual Activity -

Outcome Measurement:

Staff will know how many students participated. Work towards getting more students to participate each year you participate in this activity.

Sources:

- SevenDays[®]
- <https://www.apa.org/pubs/journals/releases/psp-pspi0000402.pdf>

Aligns with Kansas State Standard:

- Social Emotional Character Development Standards, Character Development Model Standards
 - Character Development – Core Principles
 - Personal Development – Self-Management
 - Social Development – Interpersonal Skills and Social Awareness

Let SevenDays[®] share your Kindness and Understanding. Email info@SevenDays.org or post on your social media and tag @GiveSevenDays. #GiveSevenDays #BeTheRipple

****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.**