

**Theme: You**

**Educational Resources: 7<sup>th</sup> -12<sup>th</sup>**

**Activity: Spirit Day- You to the Max**

**Subject: Any**

**Prep Time: N/A**

**Activity Time: 5-15 minutes**

**Activity Description:**

*\*Read the information below for school announcements the day before this Spirit Day:*

For YOU day, dress in clothes that represent YOU. For instance, if you are into sports and are very athletic, you can wear athletic clothes. If you like art, dress as an artist would. Whatever you can wear that will represent your personality and interests, go for it!

Direct Instruction –

Teachers are encouraged to ask the class to share why they dressed as they did. This is difficult for some students because it is an activity that reveals part of themselves.

Group Activity –

Consider taking a class photo as a reminder of our individuality within a group. Share the photo to the students, parents, on the school social media, on a bulletin board, or any other way that shows class pride.

Partner Activity –

Individual Activity -

**Outcome Measurement:**

Ask students to reflect on how being a part of a group makes them feel. Dressing up for a Spirit Days shows you are a part of your school community and is a great way to feel connected to others in your school.

School staff may record the amount of students in each grade that wore something for spirit day. Staff may choose to give extra points to students who show courage by explaining why they wore what they chose (explaining part of their personality).

**Sources:**

SevenDays<sup>®</sup> Inc.

**Aligns with Kansas State Standard:**

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

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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.**