

Theme: GO Day

Educational Resources: 7th- 12th

Title: Spirit Day- Exercise

Subject: Any

Prep Time: N/A

Activity Time: 5-15 minutes

Activity Description:

**Read the information below at school announcements the day before this Spirit Day.*

For GO Day, dress in exercise clothes! GO Day is all about taking action and being active for kindness and understanding. Exercising is one way to be kind to yourself physically. When you are healthy, you are being kind to your friends and family also. They have a healthy person to interact with. Each class dress as a different decade! 80's, 90's, 2000's and today!

Direct Instruction –

Teachers can record how many students dressed up for this spirit day. Teachers can discuss the benefits to our brains and bodies when we engage in physical activity!

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.

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. Staff may choose to give extra points to students who show courage by explaining why they chose the clothes they wore.

Sources:

SevenDays[®] Inc.

Aligns with Kansas State Standard:

- Social Emotional Character Development Standards
 - Personal Development- Self-Management
 - Character Development- Core Principles
 - Character Development- Responsible Decision Making and Problem Solving

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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.**