

SevenDays®

MAKE A RIPPLE, CHANGE THE WORLD

SevenDays high school resource booklet



SevenDays®

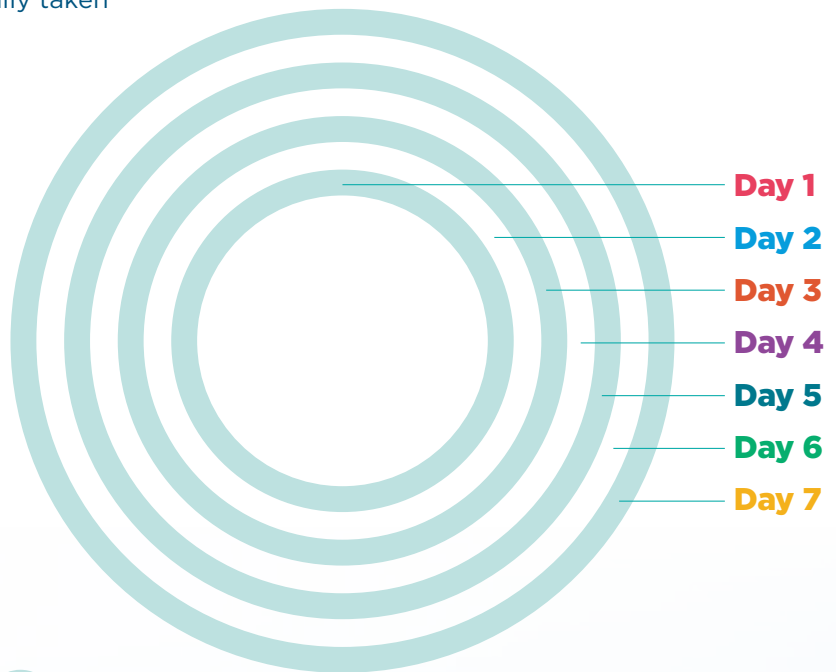
MAKE A RIPPLE, CHANGE THE WORLD

What is SevenDays® and why should you get involved?

SevenDays® Mission is to overcome hate by promoting kindness and understanding through education and dialogue. We want high school students and staff to take time to focus on kindness at school and in their homes in order to get even more out of their high school experience.

The SevenDays® Ripple features seven nested rings—four filled with color and three left empty.

- The three empty rings signify the lives tragically taken by hatred of people that were different. William Corporon, Reat Underwood and Terri LaManno lost their lives on April 13, 2014 in the KC area Jewish facilities by a white supremacist.
- But the other four show that even through tragedy, our communities possess a spirit filled with color, vibrance and life that can never be taken away.
- Finally, the interconnected nature of the rings represents **inclusion, wholeness, kindness, mobility, and our commitment to creating centered, focused lives for ourselves and for the ones we love.** With this ripple, our goal is to create a wave of positive change for the future.



rip•ple /'ripəl/

A small wave or series of waves on the surface of water, especially as caused by an object dropping into it or a slight breeze.

SevenDays[®] aligns with what you are doing



These words were all pulled from the mission, vision, and goal statements of area school districts.

SevenDays[®] Mission:
To overcome hate by promoting
kindness and **understanding** through
education and **dialogue**.

Our Themes

We ask you to dedicate 7 days to share the following themes. You can follow along with our SevenDays® dates:

Day 1



Reach out to those you care about. Let them know how much they mean to you.

Day 2



Take time to broaden your worldview. Discover something or someone new.

Day 3



Focus on others. Learn about and embrace someone who is an "other" to you.

Day 4



Seek connections with other people. It makes you and them happier.

Day 5



Take care of YOU – mind, body and soul. Being kind to ourselves helps us be kind to others.

Day 7



Continue onward with kindness. Commit to future actions that make ripples of kindness.

Day 6



Go out into the world. Be active, get engaged and spread kindness.

Levels of Involvement with SevenDays®

Level 1

Our resources can be ordered at no cost to you!

- Order and pass out Kindness Theme Stickers www.SevenDays.org
- Order bookmarks www.SevenDays.org
- Order poster display www.SevenDays.org
- Make your own posters or use ours
Display posters throughout school to encourage kind actions
- Post your school's kindness actions on social media and tag us!
 - @GiveSevenDays
 - #GiveSevenDays
 - #BeTheRipple

Level 2

- Everything from Level 1**
- Hold Spirit Days!
- Use Kindness Lessons!
- Find Spirit Day and Kindness Lesson suggestions on our website <https://sevendays.org/resources/resources-for-schools>

Level 3

- Everything from Level 2**
- Organize a Kindness Walk or Kindness Club for staff and students (suggested Kindness Walk implementation ideas at <https://sevendays.org/resources/resources-for-schools>)

Other Options

- Host a guest speaker to talk about Kindness, diversity, etc. **SevenDays® Kindness Youth Leadership Team members are available to speak at no cost to you**
- Have an art project or writing prompt based upon one or all of the Seven Days themes
- Hang a "Graffiti Wall" where students can write positive words about inclusion, acceptance, kindness, and respect
- Reach out to SevenDays for more opportunities

Sample Schedules

Sample Weekly Schedule							
Date	March 31	April 1	April 2	April 3	April 4	April 6	April 7
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Monday	Tuesday
Theme	LOVE	DISCOVER	OTHERS	CONNECT	YOU	GO	ONWARD
Spirit Wear	Wear red to remember those you love.	Wear a shirt that highlights a different city, state or country. Tell kids at school about your trip there.	Wear something that reminds you of a friend or family member.	Wear a hat, jersey or shirt that shows a team you support. People connect through watching sports.	Wear PJ's so you can take some extra time for yourself this morning.	Wear your favorite workout gear. Go can mean be physically active as well as taking action!	Wear a travel outfit to show your willingness to travel onward to kindness and understanding.
Activity	Hand out stickers to all students. Library- Make display and hand out bookmarks to kids Commons- Hang Kindness Posters	Encourage staff to focus on discovering a difference within their field of study. Focus on cultural perspectives within math, science, etc.	Commons Bulletin Board- Pedals of a Flower bulletin board- each class makes 1 flower	Lunch- Put a card with conversation starter questions at all tables. Include questions that help the kids get to know each other.	Encourage staff to lead a "Mindful Minute" in class today - journaling, yoga pose, meditation, etc.	Encourage staff to take their class on a journey to GO do a kind act, like clean up the playground, take kind notes to the custodians, etc.	Assembly- Hold a kindness and understanding assembly. Use guest speakers, discuss your school's onward goals.
Links	SevenDays.org order free resources. Use our School Announcements	Discovering Values Lesson Request Guest Speaker	Caring & Hurtful Relationships Lesson	Lunch Time Conversation	Recognize Your Success		Start a Kindness Club

More information about SevenDays® can be found at www.SevenDays.org Let SevenDays® share your Kindness and Understanding.

Email info@SevenDays.org or post on your social media and tag @GiveSevenDays. #GiveSevenDays #BeTheRipple

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

Sample Yearly Schedule								
Month	SEPT	OCT	NOV	DEC	JAN	FEB	MAR	APR
Theme	INTRO	LOVE	DISCOVER	OTHERS	CONNECT	YOU	GO	ONWARD
Ideas:	*Staff wear SevenDays shirts Why practice kindness? Intro themes of kindness & start your own Art Competition. Order free resources from SevenDays® SevenDays.org Download lessons from SevenDays®	*Staff shirts Week 1 Love your family. Week 2 Love your friends. Week 3 Love your neighbor. Week 4 Love your school. How can you show your appreciation? Book Club Theme: Love.	*Staff shirts Week 1 Discover cultures. Week 2 Discover holidays. Week 3 Discover new friends. Week 4 Discover differences. Book Club Theme: Discover.	*Staff shirts Week 1 Explain inclusion of others. Week 2 Good ways to include others. Week 3 What does exclusion look and feel like. Week 4 Take action to include others. Book Club Theme: Others.	*Staff shirts Week 1 Connect with family. Week 2 Connect with friends. Week 3 Connect with "helpers"- fire fighters, police, etc. Week 4 Connect with school staff. Book Club Theme: Connect.	*Staff shirts Week 1 Strong minds- positivity. Week 2 Strong bodies- get physical Week 3 Strong souls- peaceful. Week 4 Put it all together! Book Club Theme: You	*Staff shirts Week 1 Clean & organize playground. Week 2 Write thank you notes to staff Week 3 Understand nature Week 4 Help staff you don't see often Book Club Theme: Go	*Staff shirts Week 1 Choose Kindness goals. Week 2 Choose Understanding goals Week 3 Check Kindness progress Week 4 Check understanding progress Book Club Theme: Onward

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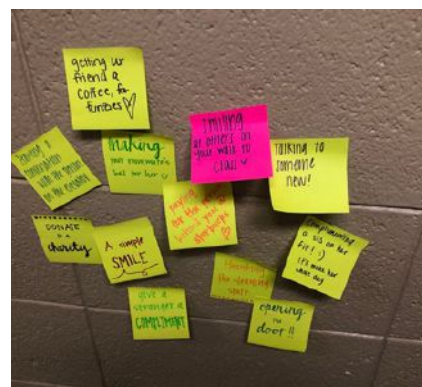
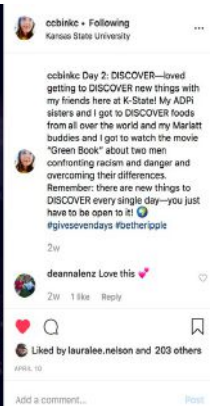
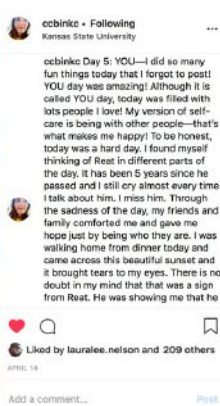
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Examples of Social Media Posts



Photos from Previous Years



Elementary Lesson Plan and Activity Sample



Theme: DISCOVER

Educational Resources: K-6th

Title: Language is Important

Subject: Foreign Language or Any

Prep Time: 15 minutes

Activity Time: One class Period

Activity Description:

This lesson's objective is to get students to understand that kindness is all around the world and their words of kindness matter.

Direct Instruction –

Inform students that kindness is important in all languages. Let them know that every culture can show kindness with their words. Let them know that they are going to be broken into small groups and given a language to research kindness. Ask them to use websites like google translate to write (then speak) kind words and phrases.

Group Discussion –

Take a few minutes as a whole group to brainstorm kind words and phrases. Prompt them to think about what they would like to hear someone else say to them that is kind. What would make their day a little brighter or turn a bad day into a good day? Examples can include Hello. How are you? I like your smile. You look nice today. I hope you have a good day. Thank you. I appreciate you.

Small Group Activity –

Teacher will assign a different language to each group, including Spanish, French, Italian, German, and any others you think the kids would enjoy or be familiar with. Have each group make a poster and share the phrases they came up with.

Individual Activity –

Ask students to use these phrases in their everyday life- both in English and the language they researched. They should say at least 3 phrases a day for the rest of the week. Let them know they will probably need to explain the assignment to their friends and family when they speak in a different language. It is an opportunity to talk about the importance of kindness.

Outcome Measurement:

Ask the students to answer the following questions at the end of the week.

1. Were you able to complete the assignment of saying the phrases 3 times a day to other people? Why or Why not?
2. Did it get more comfortable/easier to say the phrases and explain the assignment as the week went on? Why or why not?
3. How will you continue to spread kindness in your life based on this assignment?

Sources:

SevenDays® Inc. and <https://translate.google.com>

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- 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.**

High School Lesson Plan and Activity Sample



Theme: Love

Educational Resources: Secondary School (7th - 12th)

Activity: Gratitude Text

Subject: Any

Prep Time: 5 min

Activity Time: 10 min

Activity Description: Text in school? Yes, for kindness! Take the time to text someone you are thankful for or someone you haven't reached out to in a while. Remind the person you text that they are appreciated.

Recommend that your students send more texts of love and gratitude when they are on their own time.

Direct Instruction –

Take 5 minutes to talk to your students about why we show love and appreciation to others. Let students brainstorm ideas. What are students general topics of their texts? How often do they text gratitude? How would they feel if they received the following text for no reason. *“Hey, I just wanted to tell you I was thinking about you and am so grateful that we are friends. I love getting coffee with you! You mean a lot to me!”* Ask students to think about who in their lives has not gotten enough love/appreciation recently. Let them know they are going to text 5 people.

Individual Activity -

Allow the students to text 5 people in class. Requirements include that they tell each person something you are grateful for.

Group Discussion –

If time allows, ask students if they feel comfortable sharing their text. How did sending that text make them feel? How would they feel if someone sent them the same kind of text?

Outcome Measurement:

Follow up the next day. Ask these questions: How did you feel after you sent the texts? Did any of the people you texted respond? How did their responses make you feel? Can you commit to sending kind texts weekly or daily?

Sources: SevenDays® Inc.

Aligns with Kansas State Standard:

- Social Emotional Character Development Standards, Character Development Model Standards
 - Social Development- Interpersonal Skills
 - Character Development – Core Principles

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Possible School Announcements or Daily Emails

Pre SevenDays®

Tomorrow we will begin SevenDays®! Each day there will be a new theme to help us focus on kindness and understanding of differences. It will also help us all Make a Ripple to Change the World! If you want more information about events going on this week, outside of school, please check out the website, www.SevenDays.org. Consider joining us each day!

DAY 1

Love Day Today's SevenDays® theme is LOVE! Take some time today to reach out to those who care about you. Make it a day filled with appreciation. Let your teachers, coaches, friends and family know that you LOVE them!

DAY 2

Discover Day Today's SevenDays® theme is DISCOVER. Take time to learn and discover something new. Find out something about a friend or family member that you didn't know before. Share your new discovery with friends and family tonight!

DAY 3

Others Day Today's SevenDays® Theme is OTHERS. Focus on learning about and embracing someone who is an "other" to you. Consider a group of people who seem different from you and take time to understand that group more.

DAY 4

Connect Day The SevenDays® theme for today is CONNECT! Take some time today to reconnect with family and friends. Find someone that you want to get to know better and spend some time with them. Ask them questions, do something fun, or just let them know you want to be friends!

DAY 5

You Day Today, take time to care for YOU- mind, body and soul. Spend a few minutes thinking about how to best take care of YOU. Find activities that engage your body, mind and spirit. Consider studying or holding a class outside today. The fresh air and sunshine will give you a fresh perspective.

DAY 6

Go Day The SevenDays® Theme today is GO! Go out in the world today. Get engaged in activities that spread kindness like mowing the lawn for an elderly neighbor or picking up trash in the school parking lot.

DAY 7

Onward Day Today's SevenDays® theme is ONWARD. How are you going to take the lessons you learned this week ONWARD? What are you going to do that Makes a Ripple to Change the World?

Post SevenDays

Yesterday concluded SevenDays®! Thank you for playing along and learning how to be kind to yourself and others. Kindness makes your life and those around you better. Every time you are kind, you make a difference. Keep up the good work and keep making Ripples of Kindness to Change the World!

Contact Us!

Our Website

www.SevenDays.org

Facebook | Instagram | Twitter

[@GiveSevenDays](#)

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