

**Theme:** Onward

**Educational Resources:** 7-12

**Activity:** My Influence

**Subject:** Any

**Prep Time:** 5 minutes

**Activity Time:** One Class Period

**Activity Description:**

The purpose of this activity is for students to understand their ability to impact their community in a positive way, then make a plan to do so.

Direct Instruction – Gather several whiteboards (or copy paper) and markers. Set aside these materials until the discussion is complete. Start a group discussion that engages students to brainstorm different kind actions they can take that will make ripples in their community. Start small by talking about things they can do that will affect their friend groups, families, clubs or teams they participate with. Take a moment to talk to them about how hard it can be to be courageous enough to take action. What reaction do they think they will get from their peers? Remind them that courageous actions are as much for themselves as the others. Even if another kid reacts differently than they expected they know that they created good in the world. Give examples of how their one kind action can cause the recipient to do a kind action and how that recipient can do the same. Give them the mathematical computation of this ripple. Example: You have 20 students in the class. Each student does one kind action on Monday, which makes those 20 recipients do a kind action on Tuesday, etc., which results in 100 students doing kind actions in one week.  $20+20+20+20+20=100$ . Then discuss the possibility of doing a kind action every day of that week and imagine the ripple that would make.  $20+40+80+160+320=620$  This activity allows students to realize the impact that one action has and the even larger impact that all students together have.

Group Discussion –

Discuss with students the concept that they can be a positive influence to move kindness onward. Explain they can do this today, tomorrow and every day in the future. Prompt their participation by asking what kind actions have been done FOR them that they appreciate. Invite students to the front of the room to write kind action ideas on the board that can be done any day. Ask if any new ideas have come to them once they see the ones on the board at the front of the room.

Individual Activity –

Encourage students to write on their boards or paper a kindness commitment, such as “I influence kindness by \_\_\_\_\_”, “My kindness is \_\_\_\_\_”, “I am \_\_\_\_\_”, “I will \_\_\_\_\_”. If you used paper, ask the students to post it somewhere in their home as a reminder of their commitment. If they used a white board, ask them to take a selfie with it, or have another student take the picture. Remind them that posting their kind commitment would be an act of courage!

**Outcome Measurement:**

The next day take a quick poll. Ask (by a show of hands) who did their kind act. Record that number. You can repeat the poll as many days as necessary to get all students to raise their hands. You can also ask (by a show of hands) who was glad they did there act after they were done? Who was scared to do it originally?

**Sources:**

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**Aligns with Kansas State Standard:**

- Social Emotional Character Development Standards, Character Development Model Standards
  - Character Development – Core Principles
  - Personal Development – 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.**