

Theme: Onward

Educational Resources: 7-12

Activity: Insta Ripples

Subject: Language Arts or Business

Prep Time: 10 minutes

Activity Time: 15 minutes

Activity Description:

The purpose of this activity is to get students to create KIND, UNDERSTANDING content on their social media.

Direct Instruction –

Start by asking students to reflect on their experience this week with kindness. How did this week make them feel? What did they learn about themselves? What did they learn about others? Let them know that on the last day (today) we want them to continue their kindness journey. We want it to become the habit, or norm for their behavior. We know kindness and understanding are shown to improve their own health and wellbeing as well as that of the recipient.

Encourage students to use social media in one of two ways. One, start a new positive Instagram (or other social media platform) ripple of kindness that keeps moving ONWARD. Two, commit to posting kind and understanding messages on their current social media platform. This activity is meant to keep a ripple of kindness going via social media.

Individual Activity -

Since this is the last day of SevenDays[®] we want the ripple to continue as far and wide as possible.

1. Ask students to think about someone who made a positive impact on them. Encourage them to choose someone they haven't already connected with through SevenDays[®].
2. Ask them to find a photo of that person to post.
3. Ask them to tag the person in the photo.
4. They write the following – *"I nominate @_____ to post and tag 3 people that made a positive impact on him/her. Let's flood social media with people that Make a Ripple and Change the World. Thank you, @_____ for making an impact in my life."*
5. They also write WHY they chose this person. What was the positive impact? Example: *I chose _____ because I know she will always be there when I need her. Thank you, _____ for encouraging me to keep trying even when I was ready to give up.*
6. Tag @GiveSevenDays and #BeTheRipple, #GiveSevenDays
7. Then see how far our ripples travel!

Outcome Measurement:

Check with the students a day, a week or a month later to see the impact of the posts. How many people did they see post? Did they notice a mood shift among the people they interact with? Did they receive any feedback from those they nominated?

Sources:

SevenDays[®] Inc.

Aligns with Kansas State Standard:

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