

Theme: Onward

Educational Resources: 7-12

Activity: Spirit Day – Kindness Shirts

Subject: All

Prep Time: None

Activity Time: 5-10 minutes

Activity Description:

The purpose of this activity is to show a visual representation to all students that they belong to a group (school) and can participate positively to the world in small ways.

Direct Instruction – Encourage students to wear a shirt that shows kindness, which can be a SevenDays® t-shirts (purchased from www.SevenDays.org) or a shirt with a kindness message on it, or they can be creative and write on a t-shirt. Teachers will remind students that they are a part of this school community. They belong and are important. Explain that little things like participating in spirit days shows their unity and care for the group, as is true with other groups like the schools and cities sports teams.

Group Discussion -

Individual Activity –

If the school is participating in a class competition, teachers can count how many students are participating. Extra points can be given for answering the following questions. If there isn't time for the students to say their response they can write them and turn them into the teachers.

1. What is the purpose of dressing the same? Answer- Unity and/or care for the school and knowing you belong
2. What is the purpose of spirit weeks? Answer- Unity and/or care for the school, and knowing you belong
3. What did you learn about yourself during the SevenDays week?
4. What is your onward? What are you going to do to make a ripple of kindness?

Outcome Measurement:

Teachers will accept any positive answers to the questions above as progress toward a kinder

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.