

# Spirit Week Options

SevenDays® gives suggestions for a kindness focused spirit week. Follow our SevenDays® Kindness week or incorporate into your own week.

If your school is doing a class competition for participation, consider giving extra points to students for explaining the themes connection to kindness and understanding.

Share your Spirit Week by tagging @GiveSevenDays or emailing [info@SevenDays.org](mailto:info@SevenDays.org) More information can be found at [www.SevenDays.org](http://www.SevenDays.org)



## LOVE DAY

Wear red clothing items (shirts, pants, socks, jewelry, etc.) to demonstrate the power of love. Staff can ask students why love is important, how love has affected them and how love can affect others. Explain how outward symbols, like wearing the same color let you know you are a part of a larger group. You belong and are loved!

## DISCOVER DAY

Wear an item of camouflage (headband, scarf, shirt, etc.). The camo represents how we hide our complex human identity. It symbolizes our emotional camo in everyday life, such as disabilities, religious beliefs, differences, fears, family problems or issues with friends. Seeing others in camouflage lets you know that you are not alone.

## OTHERS DAY

Wear a friend's shirt that shows support. For example, wear their sports jersey, musical t-shirt, debate club shirt or even a shirt from an activity outside school like a club jersey or dance studio shirt. Staff ask students what they are wearing and why supporting others is important. How does it make them feel?

## CONNECT DAY

Wear something that matches someone else. Examples include wearing matching hairstyles with your friends, a team all wearing their jersey or t-shirts, etc. Staff encourage groups that already exist to invite others to join them. It takes courage, but the reward is exponential. Staff can help by suggesting that their class can all wear the same color, or style.

## YOU DAY

Wear what represents YOU the most! Whatever you wear should represent your personality and interests. Celebrate whomever you are! Staff can ask students to share why they chose what they wore and how it represents their true selves.

## GO DAY

Wear exercise clothes. Go day represents being active as a part of moving forward with kindness and understanding. Do something active with someone today. Suggestions include picking up trash or going on a walk with a friend.

## ONWARD DAY

Wear kindness shirts! Wear something that expresses kindness either in words or images. If students don't have kindness shirts, they can either make one using a blank t-shirt they own and permanent markers or purchase one from [www.sevendays.org](http://www.sevendays.org) SevenDays® has theme shirts and general SevenDays shirts.