

Liberty View- SevenDays® Make a Ripple, Change the World.

DATE:	Day 1- Tues. April 13	Day 2- Wed. April 14	Day 3-Thurs. April 15	Day 4- Friday April 16	Day 5- Sat. April 17	Day 6- Sun. April 18	Day 7- Mon. April 19
THEME:	LOVE- Love your neighbor	DISCOVER- ourselves and others	OTHERS- We are all the same on the inside	CONNECT- with your community	YOU- A few minutes to breathe	GO- Take it outside	ONWARD- Pay it Forward
SPIRIT WEAR:	Wear red or pink and wave at your neighbor when you see them today.	Wear clothes that show your family's heritage	Wear your most unique and wacky clothes	Dress as your favorite career	Wear your favorite workout gear all day!	Wear your favorite hat	Wear Liberty View gear
ACTIVITY- Choose one of the suggested activities or make up your own to go with the theme!	Do something kind for a neighbor by making a message and picture for them in your driveway with chalk, or tape a funny sign to your mailbox for your mail person to make them smile!	Find a way to think of others through your family's traditions- play a board game, singing or telling stories and jokes. _____ With your parents, go through family pictures and write down a few of the stories shared _____ Find a favorite family recipe and learn how to make it.	Reach out to a family member, friend or relative. Find 3-5 things you have in common. _____ Learn something new about a friend or family member.	Send a thank you letter/email to your local hospital, paramedics, firefighters, etc. _____ Write letters to people in nursing homes while they are not allowed visitors.	Teach your family a breathing technique: deep belly breathing, cooling hot soup or my favorites cooling hot chocolate or blowing out birthday candles. _____ Try guided relaxation: https://www.youtube.com/watch?v=cDKyRpW-Yuc _____ Do yoga.	Do something fun with your family outside- play a game, do jumping jacks, shoot basketball hoops, jump rope, take a nature walk, etc. Notice how fresh air and sunshine feels! _____ Create a sensory walk out of sidewalk chalk for other kids to find!	Watch: https://www.youtube.com/watch?v=PT-HBI2TVtI What kind act can you do today? Find someone to encourage and make happy today! _____ Clean your room or a room in your house. Find stuff to donate or keep and organize.