



## **Be The Change Week**

*A week filled with activities to inspire positive action and connection is a superb way to create change in your community. This is a sample plan created by Kalaheo High School in Hawaii. Please feel free to adjust the themes for each day to best fit the culture and climate at your school.*

### **Monday – Compliments Wanted**

Give as many compliments as you can to your classmates, teachers, friends, and family members.

**Give at least one HUG!**

### **Tuesday – Mix it Up**

Introduce yourself to someone new. Get to know someone you don't know well. Eat lunch with someone new.

**Give at least 3 HUGS!**

### **Wednesday – Protect our Home**

Clean up our environment. Pick up trash along the way during passing. Collect cans and bottles and recycle them.

**Give at least 6 HUGS!**

### **Thursday – Heal Old Wounds**

Forgive someone that has hurt you. Ask for forgiveness if you have hurt someone else. Say "I'm sorry for..."

**Give at least 9 HUGS!**

### **Friday – Show Some Love**

Thank someone you love and respect. Tell them how much you appreciate them. Share your love and respect for them.

**Give at least 12 HUGS!**