Welcome— I am so happy you are here!
Let’s start with a bit of background on what you are celebrating.

Imagine You’re fifteen years old. You are entering the seventh grade, and for the first time in your life, you’re learning about confidence.

It is the spring break of your seventh-grade year. You are stressed about your homework, school, and everything else you have on your plate. You wake up the next morning to find all of your hair on your pillow, and your whole world stops. This was my reality. After being diagnosed with Alopecia, I faced a long battle with wigs, self-love, and self-hatred. It took me a long time to learn to love myself, and this movement is what came out of my self-love journey. I am beyond excited to share it with you.
International Natural Day Curriculum

After my personal journey with self-love, I wanted to create an International Day of Self-Love for others.

I started thinking of potential dates. February 13th made the most sense, because it’s the day before Valentine’s Day, and I believe that practicing self-love should come before loving others. I chose to call February 13th “International Natural Day.” On this day, I challenge individuals to let go of the one insecurity they feel is truly holding them back. This could be something physical, like hair or make-up, or it could be an internal struggle like feeling as if you’re not good enough. Natural Day is all about the people who choose to celebrate it.

How do you celebrate International Natural Day?

Celebrating an International Day of Self-love at your school, in your business, or as a community can be a truly transformative service-learning experience. Inside this curriculum packet you will find a step-by-step guide on how to host an International Natural Day, resources for self-love, and several other materials that will make this process extremely smooth for you.

Of course, you are welcome to check out our website at www.internationalnaturalday.com. Here, you can find even more inspiration on how to make your day of self-love a success!

All of this is hosted by the Love Your Natural Self Foundation. The LYNS foundation is a domestic non-profit organization that focuses on promoting self-love through curriculum, community support, speaking engagements, and empowerment sessions. We are happy to provide all materials for hosting an International Natural Day at no cost to schools and communities.

However, to make our work possible, donations are welcome. Email sanahjivani@gmail.com to see how you can help!
International Natural Day Curriculum

Learning Objectives:

Through this curriculum, individuals will learn to:

- Create a service-learning initiative in their community focused on self-love and self-care.
- Practice self-love and self-care in their personal lives.
- Work through personal adversities and challenges.
- Practice empathetic listening skills.

What’s inside this curriculum?

Inside this curriculum, you will find:

- Videos and supplemental materials to make the lessons relevant and helpful to all students.
- Activities focused on self-care, self-love, anti-bullying, kindness, and empathetic listening.
- How to access PowerPoint, Prezi’s, and classroom material downloads.
- Relevant assignment’s and writings to use for in-class instruction when teaching self-love and self-care.
- Relevant article’s and readings for students to explore.
- A breakdown by grade level on how to make these materials relevant to all students.
- Beautiful photos, personal stories, & testimonials from past Natural Day movements!
International Natural Day Curriculum

How does this project qualify as a “service-learning” initiative?

This project qualifies as a service-learning initiative because it is a student-led movement focused on self-love. Students first learn about mental health, self-love, and self-care, then take this positive energy to host a day of self-love for their school and community. They are serving their community by creating an uplifting environment that encourages self-expression and self-love. When I was 13 years old and I lost all of my hair... I know I needed something like this.

What is so special about celebrating this particular movement?

You are joining an international community of 45 schools. This day is a reminder that students should feel comfortable being who they are. This is a day for self-expression.

Most schools that celebrate take it a step further and celebrate a “week of self-love.” Throughout the week, they talk about what it means to be open and transparent. They talk about what it means to accept others. They talk about what self-care looks like.

It is these lessons that make this movement so special. It is a movement for all ages, all grade levels.

My biggest dream in life is to see Natural Day on every calendar around the globe as the International day of self-love.
STEP BY STEP: What does hosting a Day of Self-love in my community look like?

1. **Find A Group of Passionate individuals**—
   This team works best when it is made up of teacher’s, student leaders, and community members. Find a group of individuals who is passionate about this cause, so that you can plan it in a way that incorporates ideas from all over your community!

2. **Choose a date and platform**—
   Traditionally, International Natural Day takes place on February 13th because it’s the day before Valentine’s Day, and you must love and make peace with yourself before loving others. However, your community can celebrate International Natural Day whenever you see fitting! Choose a date that works for you. Choose where you want to celebrate. Examples include:
   - Celebrating at your school
   - Celebrating within your business
   - Celebrating within your community
   - Celebrating at your youth club
   - Celebrating at your church
   The possibilities are truly endless!
International Natural Day Curriculum

STEP BY STEP: What does hosting a Day of Self-love in my community look like?

3. Figure out what you want Natural Day to look like in your community!
This is the fun part! You can decide what you want Natural Day to look like in YOUR school and your Community. In this packet, you’ll find a number of activities to bring your Natural Day to life.

4. Sign up, Order materials, PROMOTE—
This step is EXTREMELY important, so I am going to take it step by step.

   Sign Up— Sign up and let me know your celebrating Natural Day. You can do this by emailing me at: sanahjivani@gmail.com.

   Order materials— The Love Your Natural Self Foundation is happy to provide free materials to anyone who wants to celebrate Natural Day. But you must email me and let me know that you’re celebrating first. While I am happy to provide materials for free to all schools, many schools have funding set aside for programs like these. The curriculum and wristbands are also available for purchase. All donations and purchases are appreciated!
STEP BY STEP: What does hosting a Day of Self-love in my community look like? (Continued)

Order Materials (continued)- Natural Day Materials include wristbands, curriculum packets like this one, pencils, handouts, etc. I want to help make your event a success! Remember, all materials are provided FREE with donations accepted, so please don’t forget this important step.

Note: T-shirts are available, but only for purchase.

PROMOTE: It is time to promote your event! This can be done in several ways. Inside this curriculum, you will find promotional videos. I am also available to come speak, so please contact me if this is something you may be interested in. There are different ways you can promote your event:

- Posters around school
- Speeches (share what self-love means to you!)
- Promotional Videos
- Have Sanah Jivani, the founder, come speak!
- School announcements
- Flyers
- Integrate self-love activities in class curriculum
Promotional Materials/ideas:

Show any of the following videos in the classroom, at lunch, or at your school—Or make your own video spreading the message of Natural Day!

Visit our Website!
http://www.internationalnaturalday.com/

What is Natural Day?
https://www.youtube.com/watch?v=lVc1m6ljgck
TEDxTalk: Imperfect and Proud:
https://www.youtube.com/watch?v=8J622Kyt4r0

Natural Day in the Media:

Best of all—Here’s a school that went above and beyond and made their own video to show students!
https://www.youtube.com/watch?v=yA6HV8JuMag

To the left, you see a t-shirt created by a school who hosted Natural Day. They printed their own t-shirts and sold them as a way to celebrate self-love all week and donated the money to my foundation!
Promotional Materials/ideas (Continued):

Have me Skype in and speak to your students about the Natural Day movement and what it means to me!

Or, come have me speak to the students in person!
These girls decided to promote Natural Day by creating informational and uplifting posters to hang around the school! Sample poster text could include:

“Join us in Celebrating an International Day of Self Love! #NaturalDay”

“Let go of insecurity and be yourself on #NaturalDay”
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Promotional Materials/ideas (Continued):

This school used technology in a unique way to advertise the event and promote self-love.

To inspire the community and let them know about the #NaturalDay Movement, you can request materials to table at an event, or invite me to come table in person!
Promotional Materials/ideas (Continued):

To the left, is just a preview of the free materials and resources I’ll send to your school to help make your event a success. When you decide to participate, don’t forget to email me at sanahjivani@gmail.com

All smiles seeing how schools choose to celebrate and promote Natural Day!
One of the most special ways to celebrate Natural Day in communities and on Elementary, Middle School, High School and college campuses has been through the kind sticky note movement. In the next few pages of this packet you’ll see how schools have used this simple idea to create something truly special.
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What can Natural Day look like for your community? (cont.)
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What can Natural Day look like for your community? (cont.)

To provide some history: The first ever Natural Day took place in 2011 at Klein Collins High School. We celebrated by putting positive sticky notes all around the school, and many schools have now adopted their own version of this uplifting idea!
What can Natural Day look like for your community?

Many schools have also adopted the idea of a Natural Day Photo Booth! This school set up a professional photo booth for some inspiring and uplifting photo fun!
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What can Natural Day look like for your community? (cont.)

This school had students make puzzle pieces that said something unique about them, such as “crazy hair” or “Big Smile.” They created this beautiful puzzle piece selfie wall!
What can Natural Day look like for your community? (cont.)

Natural Day is all about students feeling comfortable and confident at school. This can be done in many ways, and it has been so inspiring to see how different schools celebrate. This “Take What You Need” sign takes the meaning of overcoming insecurity to a whole new level. Sometimes, it’s more than physical. Sometimes, we need peace, and healing and patience, and freedom.

When you celebrate, be sure to send me photos, so other students can be inspired by YOUR ideas and activism!!!!!
International Natural Day Curriculum

Classroom Activities

Now that we have talked about how to bring this amazing service-learning self-love initiative to your school, let’s talk about some of the classroom activities and supplemental materials that can go with it! I will break this down by the objective of the activities.

Objective #1- SELF-CARE

Dear Sanah,
If you haven’t heard it today: You are doing great. Never forget that you are strong, wonderful, and brave!
You can do this!

Activity #1: Valentine to yourself!
Since Natural Day is right around Valentine’s Day, writing yourself a powerful note can be a wonderful way to celebrate who you are.
This activity is perfect for all ages
International Natural Day Curriculum

Objective #1 - SELF-CARE

Activity #2: Combating self-bullying

Creating a chart like this and then having discussion around it can be an extremely powerful exercise.

After you create the chart, here are some discussion questions:
- How often do you find yourself saying these negative things?
- Where do you think these thoughts come from?
- How do you think we can change the culture around these negative thoughts?

Ideal age for this activity: Middle school, high school, college, adults

Video resource for this activity can be found [here](#).
Objective #1 – SELF-CARE

Activity #3: Create a self-care pack!

For this activity, you need materials such as:

- Sticky notes for positive messages
- Mini Journals
- Adult coloring sheets
- Coloring Pencils
- Stress Balls
- Anything else you can think of!

This activity gives students something tangible to take home. By creating self-care packs in class, the conversation about self-care opens up, and students are able to incorporate some self-care into their lives!

Discussion Questions:

- Why do you think it’s important to practice self-care?
- When you take care of yourself, how do you think it impacts those around you?
- What does self-care look like in your life?
- Even with a busy schedule, how can you incorporate self-care in your schedule.

This activity is perfect for middle school, high school, college, and adults!
Objective #2 – SELF-LOVE

Activity #1: Breaking the chains of insecurity

For this activity, you need:
Construction paper to create paper chains
Markers

This activity challenges students to look deeper inside of themselves and think about the insecurity that they feel is truly holding them back. Students are encouraged to write this down on the inside of a strip of construction paper.

Then, students will create a chain of insecurity by combining all of the papers in class. When you celebrate Natural Day, you can allow students to rip the chain and break free from insecurity.

Discussion Questions:
Why do insecurities often hold us back?
How does it feel to break free from insecurity?
Sometimes, it takes time to break free from insecurity… It’s important to remember there is no “right” timeline for self-love. What do you think is a good first step?

This activity is perfect for middle school, high school, college, and adults!
Objective #2 – SELF-LOVE

Activity #2: Pieces of me…

For this activity, you need:
- Paper puzzle pieces
- Markers

It is important to remember that ALL pieces of you, even those that make you feel insecure, are valuable.

Students will create individual puzzle pieces with things that they are proud of or insecure about. Then, they can be combined with the rest of the class to remind you that each piece of you is something that makes the world beautiful… Just look how beautiful this wall turned out!

This activity is perfect for middle school, high school, college, and adults!
Objective #2 - SELF-LOVE

Activity #3: Marking out insecurity

On pieces of paper, write down your biggest insecurity. Then, mark it off and replace it with something positive! This is a beautiful way to combat self-bullying while also celebrating who you are!!

Fun add on: Create a photo booth area where students can take pictures with their sheets of paper. These powerful portraits will mean a lot in the journey to self-love!
Objective #3 – Anti-bullying, Kindness, and empathetic listening

Now that we have practiced self-love, it is important that we spread that love to others. One of the biggest takeaways of this movement should be:

“Once you are at peace with yourself, you can go out and make peace in the world.”

Activity #1: Compliment cards / Notes to others!

Dear Friend,

You are beyond amazing. I am so grateful for you and all that you bring to the world!
Objective #3- Anti-bullying, Kindness, and empathetic listening

Activity #2: “If you really knew me, you’d know…”

Students can open up about their insecurity with this statement and share something that many may not know about them. By going around the circle and sharing, students are not only learning to be vulnerable, but they are learning to practice empathetic listening.

Note: This activity is best done with a counselor present. Some subjects can be sensitive, and it is important that students have the resources they need.

Another version of this can be done with the “cross the line” activity. You will say statements such as:
“Cross the line if you’ve ever felt alone”
“Cross the line if you’ve ever been bullied.”

Discussion questions:
Why is important to listen to your peers?
Why is it important to always be kind to the people around you?
How does it feel knowing that others are going through the same thing?
What can you do to support each other?
International Natural Day Curriculum

Sample graded assignment’s & Reflections

We love that you are making this curriculum a part of your gradebook. English, Math, History, and Science is taught in schools, but we never learn how to be kind or practice self-care. Here are a few sample writing assignments and reflections papers students can write for a grade:

1. Write about one insecurity that you feel is holding you back in some way. How can you overcome this?
2. Write about how the thoughts in your head often determine the outcome. (Ex. When you put yourself down, you feel bad). How can you make the thought-process more positive?
3. What is the importance of being kind? Write about a time where kindness impacted you in a major way.
4. One of the biggest motto’s of Natural Day is “You have to find peace within yourself before you can truly make peace in the world.” Why do you think this statement is important? How can you incorporate self-care into your life?
5. Self-Care often seems like an extremely fun process. Talk about the difficult side of self-love and self-care. Why is it often difficult to invest in yourself and overcome insecurity? Why is it often easy to say nice things about others, but hard to say them about ourselves? What are good ways to practice self-care in your life?
6. What are three kind things you an do today? How can your choices change the world around you?
International Natural Day Curriculum

Sample Readings—Here are some awesome articles surrounding self-love and self-care! A book from the Love Your Natural Self Foundation is in the works—Hopefully that will be on your reading list soon!

This is a great article to introduce to students to the Natural Day Movement as a take-home reading assignment: http://college.usatoday.com/2016/01/29/voices-how-losing-my-hair-helped-me-find-myself/


On ways to bring self love to your life: http://helloflo.com/5-ways-to-bring-more-self-love-to-your-life-and-why-you-should/

On the left, I am holding a book titled FLAWD by my dear friend Emily-Anne Rigal—It’s a wonderful book on self-love that would be great classroom material for planning Natural Day!
Thank you from the bottom of my heart for participating in Natural Day and bringing the materials in this packet to life. For additional resources, questions, or help with your movement please do not hesitate to contact me at sanahjivani@gmail.com
713-449-8875
Twitter: @sanahjivani
Instagram: @sanahJ
Facebook: Sanah Jivani
www.internationalnaturalday.com

By participating in this movement, you are making my dreams come true. Thank you so much for spreading the message of self-love in your community.