



Group Activity

You may choose to do the group activity as part of a group or as a classroom lesson.

OPTION 1: Group Activity

OPTION 2: Classroom Lesson

OPTION 1: Group Activity

*need an ipad or iphone to show a quick video

1. Leader Words:

- Share the statement: “Your life is not about you, it’s about everyone around you.”
- Prompt Discussion:
 - What do these words mean to you?
 - How can shifting your perspective to help other people in return help you?
- Define Empathy:
 - Ask: What is the name of the emotion that helps us share another person’s feelings as if they were our own? (EMPATHY)
 - Explain Empathy:
 - NOTICE what people are going through.
 - SHOW UP for them.
 - LOVE them through it.
- Discuss how empathy shows people that they are not alone.

2. Introduction to Illumi-NITE:

- Explain the Illumi-NITE project:
 - The Illumi-NITE project was started by KEEP GOING 25 to honor Michael Currin and spread kindness and light. The non-profit KEEP GOING 25, started this project for youth in 2022 and it continues to grow each year. KEEP GOING 25 honors the life of Michael Currin, who passed away at the University Of Dayton his freshman year. A simple act of kindness and empathy to his family after his passing has ignited a mission to pay it forward and bring light to others.

- Here's a short video explaining how the project started ([Illumi-NITE video](#)- scroll down the page to the VIDEO MESSAGE FROM OUR FOUNDER).
- Discuss the meaning of "KEEP GOING":
 - What do the words KEEP GOING mean to you?
 - How can you help others KEEP GOING?
 - Share personal experiences where others helped you KEEP GOING.

3. Wrap-Up:

- Summarize the importance of empathy and the impact of the Illumi-NITE project.

OPTION 2: Classroom Lesson

Lesson Topic: Empathy through Service

Time length: 30-45 minutes (depending if you are assembling the kit/s during lesson)

Lesson Objective: Students will explore the concept of empathy and how it can be put into action through the Illumi-NITE service-learning project.

Materials Needed:

- Device to watch videos
- Illumi-NITE kits
- Pens/sharpies

Hook/Introduction:

- Reflection song: [BE A LIGHT](#) - Thomas Rhett (video or just audio)
- Inspirational video: [JUST SHOW UP!](#) - David Flood (minutes 3:35-5:45)

Lesson Structure:

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3. Illumi-NITE Kit Assembly:

Steps:

- **Choose Recipients:**
 - Brainstorm potential recipients or discuss pre-chosen recipients (refer to the [FAQs & Info](#) document for suggestions).
- **Assemble Kits:**
 - Sign the back of the yard signs.
 - Write a message of hope to the recipient on the postcard.
 - Assemble the luminaries (follow [How to Assemble a Luminary Kit](#) instructions). Fill the water for the bags the night of Illumi-NITE.

4. Wrap-Up:

- Summarize the importance of empathy and the impact of the Illumi-NITE project.
- Discuss the meeting time and place for delivering the Illumi-NITE kits to recipients on December 8th, 2024.

End Meeting:

- Reiterate the project's impact and thank students for their participation.

***** ALL LINKED DOCUMENTS REFERENCED IN THIS LESSON CAN ALSO BE FOUND ON OUR WEBSITE: WWW.KEEPGOING25.ORG/ILLUMINITE**