

A glimpse at **SELF-LOVE DAY** 2023

The inaugural Self-Love Day, on Saturday, August 5th 2023, marked a pivotal moment, aiming to cultivate introspection among the younger generations about the essence of unconditional self-affection while highlighting the interconnectedness of self-love and empathy towards others. Understanding and embracing self-love is paramount for a life brimming with joy, purpose, and positive impact. Despite possessing material wealth, intellectual skill, or societal privileges, individuals risk taking a life path of discontentment if they lack genuine self-appreciation. Recognizing this truth underscores the urgency of initiating the journey of self-love early, equipping our youth to navigate life's peaks and valleys with resilience and fulfillment, thereby paving the way for their unique expressions of happiness and success.

The day began with registration and the distribution of free t-shirts to every participant and volunteer that displayed "I ♥ myself." During that time the participants were provided with breakfast, introduced to each other, and given time to fellowship with their peers. To kick off our welcome, we were joined by our guest speaker, a known local clothing brand owner, who shared his story of inspiration with the youth.

Following our welcome, we split groups up by age and allowed them to participate in three activations by station rotations. The activations enforced the idea of self love and gave participants something to take home with them so they can have constant reminders of the theme of the "self-love" day. Affirmation cards were one of our stations. Participants wrote down nice things to say to themselves every day to remind them of their worth. Vision boards was another station. Participants used magazines, personal drawings, and craft supplies to put their vision of a positive school year on their poster. Lastly, we hosted a group discussion station. In the discussion station volunteers and participants were allowed a safe space to have vulnerable conversations about their thought on "how to love" yourself and others.

We ended the day by allowing the participants to decompress through fun field day activities. Many of them chose to play football or run on the track with our volunteers, they had an amazing experience! During our closing ceremony, participants were given backpacks with school supplies, interactive toys/games, and a basketball provided by our amazing sponsors.

Many participants and parents expressed their gratitude, high hopes for the next event, even acknowledging the growth that took place intrinsically. It was a truly impactful day of spreading love. We plan to continue to make this event greater and positively reach more youth in the years to come!



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2nd Annual SELF LOVE DAY 2024



The Self Love Coalition is hosting a second annual youth Self-Love Day on Saturday, August 3rd. A day of social-emotional learning curriculum that will include yoga, t-shirt design, trauma response education, and group discussions designed to provide our community youth with an opportunity to grow in a fun, effective and intentional ways.

Join us this summer, August 2024 in making this special day of love happen for our community. We are calling any volunteers, partners, and community members to participate.

WAYS TO SUPPORT:

- **Volunteer** - Time; register to attend this day of service as an adult volunteer
- **In-Kind Donations** - Any non-monetary donations such as program materials, giveaway items, etc.
- **Sponsorship/Donation** - Any monetary gifts or a donations in-exchange for advertising



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