

# 13 DAYS OF TAU BETA SIGMA

<p>March 14: Q1 – “Knowledge and development of your physical powers in the quest for good health and bodily perfection.”</p>	<p>"Workout with Wava" #WorkoutwithWava</p>	<ul style="list-style-type: none"> <li>• Workout with sisters (walking, yoga, swimming, small hikes, bikes, band Olympics).</li> <li>• Plan a chapter-wide physical activity.</li> <li>• Prepare a healthy meal together!</li> </ul>
<p>March 15: Q2 – “Recognition and development of your intellectual potential.”</p>	<p>“Tau Beta Study” #IQITB</p>	<ul style="list-style-type: none"> <li>• Create a TBS or music themed crossword puzzle, word find, etc. for the chapter</li> <li>• Work on homework together</li> <li>• Plan a study night for your band program</li> <li>• Host a TBS, University, or basic trivia night.</li> </ul>
<p>March 16: Q3 – “Appreciation for and the maintenance of the highest moral standards.”</p>	<p>"Take a Stand for TBS" #4Gr8rAwareness</p>	<ul style="list-style-type: none"> <li>• Talk to your school's activity board or dean of students' office about how to set up a workshop for harassment, alcohol, hazing, sexual assault, bystander intervention, or hazing education. Set it up to occur during the 13 Days of TBS and post pictures of your chapter's event in the “Take a Stand for Tau Beta Sigma Facebook Group.”</li> <li>• Post one POSITIVE change or activity you've done as a chapter in the Take a Stand for Tau Beta Sigma Facebook group. It's not all about the negative. We need to promote the GOOD we do so we have the appropriate image for others to join and want to colonize, too.</li> <li>• Click <a href="#">here</a> to create a video/collage/pictures that represents the thought “You are always wearing your letters.” Post pictures/videos/ideas to “Take a Stand for Tau Beta Sigma Facebook Group.” Click <a href="#">here</a> to watch an example of a video about “you are always wearing your letters.”</li> </ul>

<p>March 17: Q4 – “Achievement of and the personification within you of lofty spiritual ideals.”</p>	<p>"The Spirit of Sisterhood" #TBSisterhood</p>	<ul style="list-style-type: none"> <li>• Review Ritual/Have a Ritual Workshop.</li> <li>• Host a Chapter or Sorority History Review/Workshop.</li> </ul>
<p>March 18: Q5 – “Cultivation and maintenance of your emotional poise under all conditions.”</p>	<p>"Keep Calm and Wava On" #WavaOn</p>	<ul style="list-style-type: none"> <li>• Write a positive note to a Sister to let them know how much they mean to you.</li> <li>• High/Low Activity: Share a high and a low in your life with a sister.</li> <li>• Practice maintaining emotional poise all day.</li> <li>• Tau Beta Yoga or relaxation, destress activities.</li> </ul>
<p>March 19: EF1 – “Physical and mental qualities of an attractive nature.”</p>	<p>"TBS Dress for Success" #ToBeSuccessful</p>	<ul style="list-style-type: none"> <li>• Dress in business or professional TBS Pin Attire for the day.</li> <li>• Have a formal chapter dinner.</li> <li>• Host a workshop on appropriate work attire.</li> <li>• Take a chapter picture all dressed up and send it to erikapope@tbsigma.org.</li> </ul>
<p>March 20: EF2 – “Demonstrated loyalty and dependability to those persons and institutions deserving of it.”</p>	<p>"TBS Loyalty" #Loyal2TBS</p>	<ul style="list-style-type: none"> <li>• Accept the Mannequin Challenge by creating a scene of loyalty and dependability to your band program.</li> <li>• Write a note of appreciation to your Chapter Sponsor or Band Director(s).</li> <li>• Give Chocolates or Goodie Bags to music professors</li> <li>• Show your loyalty to your band/music department/school by wearing your band shirts, school colors etc.</li> <li>• Reach out to honorary members/Bestow Honorary Membership on someone worthy.</li> <li>• Sing/Rehearse The Loyalty Song of Tau Beta Sigma</li> </ul>

<p>March 21: EF3 – “A truthfulness and honesty which instills a sense of trust in others.”</p>	<p>“Build-a-Bond” #becauseisaidiwould</p>	<ul style="list-style-type: none"> <li>• Think about the importance of a promise and how it instills a sense of trust in others.</li> <li>• Make a “Promise Card” for another sister, to be completed by the end of the semester (Click <a href="#">here</a> for examples or to print the cards): <ul style="list-style-type: none"> <li>○ Write your promise on the card and post a picture of it to social media.</li> <li>○ Give the card to the person you’re making the promise to.</li> <li>○ Fulfill your promise.</li> <li>○ Get your card back &amp; keep it as a reminder that you are a person of your word.</li> </ul> </li> <li>• THINK about your actions on that day. Is it: <ul style="list-style-type: none"> <li>○ True</li> <li>○ Helpful</li> <li>○ Inspiring</li> <li>○ Necessary</li> <li>○ Kind</li> </ul> </li> <li>• Host Chapter Team Building exercises.</li> </ul>
<p>March 22: EF4 – “A cheerfulness at all times and under all circumstances, even in the face of great trial.”</p>	<p>"For Greater Cheerfulness" #TBSmiles</p>	<ul style="list-style-type: none"> <li>• Review cheers, chants, and songs (for chapter, district, and nation).</li> <li>• Share what keeps you positive in the face of trials.</li> <li>• Challenge yourself to be friendly to everyone you pass today.</li> <li>• Music for Smiles: Play fun music on your instruments for others, in order to bring them cheer.</li> </ul>
<p>March 23: EF5 – “A mutual interest in the Art of Music in its performance and in the aesthetic qualities it can project to others.”</p>	<p>"Music Our Common Tie" #TBSongs</p>	<ul style="list-style-type: none"> <li>• Perform or host a recital.</li> <li>• Watch a live or recorded performance as a chapter.</li> <li>• Post a favorite song for Wind Bands on your Social Media accounts.</li> <li>• Create a Spotify list of your chapter members’ favorite songs.</li> <li>• Rehearse the Songs of TBS.</li> <li>• Do something musical jointly with Kappa Kappa Psi.</li> </ul>

<p>March 24: EF6 – “Generosity of mind, heart, and hand.”</p>	<p>“TBS Gives Back” #TBSGives</p>	<ul style="list-style-type: none"> <li>• Host/Participate in a music-related service project.</li> <li>• Perform a random act of kindness for someone.</li> <li>• Host a midterm snack break night for the band program.</li> <li>• Perform a new music service project for a campus music ensemble you’ve never provided service to before.</li> </ul>
<p>March 25: EF7 – “Tolerance, tempered with kindness and a consideration for the needs of others.”</p>	<p>"For the Love of Band" #TAUlerance</p>	<ul style="list-style-type: none"> <li>• Do something nice for another music or service organization (SAI, PMA, etc.).</li> <li>• Be proactively kind (hold the door open for others, carry someone’s books or bag, etc.).</li> <li>• Practice active listening in a workshop setting with your Sisters.</li> <li>• Ask your band director what the band needs and then make a plan to make it happen.</li> </ul>
<p>March 26: EF8 – “Fortitude and courage to see an ideal, to seize upon it, and follow it wherever it may lead you in Tau Beta Sigma.”</p>	<p>Happy Founders Day! #4Gr8rBands</p>	<ul style="list-style-type: none"> <li>• Focus on the History of TBS by hosting a Continuing Membership Activity or Workshop.</li> <li>• Write a social media post about the ways in which TBS has made you more courageous.</li> <li>• Write down how you think you are like Wava.</li> <li>• Post your favorite Wava stories on our TBS Facebook Page!</li> <li>• Tag in social media posts about your TBS heroes and why.</li> <li>• Make 8&amp;5 Trail Mix, with 13 edible ingredients that symbolize our ideals!</li> <li>• Celebrate our birthday with a party or cake!</li> <li>• Perform the Founders Day Ceremony!</li> </ul>