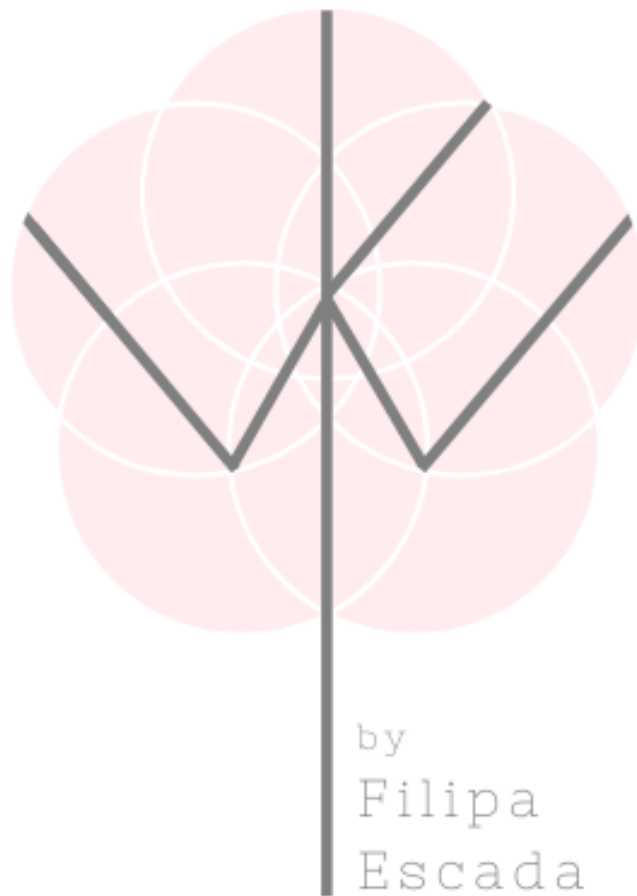


WIK by FILIPA ESCADA

THE NUMBER 7

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Before I start talking about anything at all, I'm going to divide you in 4 different teams (corresponding to each table). Each one has a random team name: [The Low Salamanders; The Heavenly Buffalos; The Curved Squirrels; and The Talented Chimpanzees.]

Why is 8 afraid of 7? It's because seven ate (eight) nine!

Researchers have found that, when asked to think of a number between 1 and 10, a significant number of people will think of the number 7. Similar results occur when a large group of people are asked what their favourite number is. The number 7 is usually the overwhelming favourite and it has always been seen as a lucky and magical number, fascinating and intriguing. "Why is that?" is the question I am going to try to answer today, with the help of some interactive activities in the middle.

The number 7 enjoys a long history of positive associations across many different cultures. In fact, if you start looking for reasons why seven is so popular throughout history across various cultures, you'll find that the number seems to appear everywhere. Every day, we come across the number 7. We even sometimes don't realize it but it is part of our everyday lives: the 7 days of the week or the 7 colours of the rainbow. Let's start by brainstorming some ideas.

Where do you see this number often?

Continents; seas; Ronaldo and David Beckham; musical notes; Seven Stages of Life (Shakespeare); 7 layers of atmosphere ...

Here are 7 examples:

- 1 – Snow White's companions? (Seven Dwarfs)
- 2 – James Bond? (007)
- 3 – What Harry Potter had to destroy? (7 Horcruxes)
- 4 – Sprite alternative? (7UP)
- 5 – Will Smith movie? (Seven Pounds)
- 6 – Very common in meditation and represent the centres in our bodies in which energy flows through? (7 Chakras)
- 7 – The tallest point in each continent? (7 Summits)

This is the **first** reason why the number 7 is considered the way it is: seeing it repeatedly. Some researchers have found that human memory works best when remembering up to — but not more than — seven items. Look: (*read*)

All these common themes of the world where we live in today always include, as you could see, 7 things, which can be mainly explained due to the majority of cultures considering lucky the number 7. It is actually linked to the following numbers:

Number 3: symbol of balance and trinity, with a spiritual and even divine character.

Number 4: symbol of the material and terrestrial world.

Number 7: which is the result of the sum of the other two numbers, finds a place between the two worlds, the world of life and the world of death.

That could be a **second** reason, as there is also a powerful connection between the number 7 and the religions of the world. It is quite significant in the Bible. In the creation story, God made the world in six days and rested on the seventh day. Scholars have found that the number 7 often represents perfection or completeness in the Bible. On the other hand, in Judaism, there are seven heavens. In Chinese culture, seven represents Yin and Yang combined with the Five Elements: water, fire, earth, wood, and metal. This combination represents the concept of harmony.

Now, mathematically, the number 7 also has a couple of features that make it appealing to many people. First, it's an odd number.

Do you think that people prefer odd or even numbers?

Even numbers can be easily divided by two, so odd numbers seem more unique to some people. Seven is also a prime number, which means it can only be divided by itself and one. Since it's the largest prime number between one and 10, some people see it as more interesting for that **third** reason.

Now, I decided to test your knowledge about some world and general culture curiosities, all related to the number (of course) in one way. For that matter, I created a game, very similar to *Trivia Crack*. I made 7 questions for you to answer, one from each of these 7 categories: -

Questions:

- **7 Elements of Art (red) – What is the simplest visual expressive means? (LINE)**

There are 7 basic elements of visual art which are the core traits of an artwork, visually detectable and separately identifiable. When bringing them all together in a particular manner, a work of art is created. They are: the line, texture, form, shape, colour, value and space. If you want to understand the principles of art and its analysis, you should start by learning these. Not all of them need to be a part of each painting, but they are the elementary stepping stone for an artistic achievement.

- **Harry Potter (pink) - Try to make the biggest amount of connections between *Harry Potter* and the number 7.**

Here are 7 examples of some connections between Harry Potter and the number 7. (--)
Now, I'm going to do a magic trick with cards. (---)

- **7 Olympic and Paralympic Values (orange) – Which one of these is not an Olympic value but, instead, a Paralympic value? (INSPIRATION)**

It takes more than being just an exceptional sportsman or woman to become part of the Olympics or Paralympics. You need values that can prove that sport, even at this level, is not just about your ability.

The Olympic values are: respect, excellence and friendship, which show how, through sport, to understand each other despite any differences.

The Paralympic values are based on the Paralympic Games' history and the tradition of fair play and honourable sports competition. They are: inspiration, equality, courage and determination, which are very important to be able to overcome both physical and mental barriers in order to achieve your goals.

- **7 Liberal Arts and Science (green) – Which one of these options represent all of the Liberal Arts and Sciences included in the *Trivium* part of it? (GRAMMAR, RHETORIC AND LOGIC)**

The 7 Liberal Arts and Science can be divided in two different groups: the *trivium* and the *quadrivium*. The *trivium* focuses more on developing the expression of language, which is related to the study of the literary text through three language tools: Grammar, Rhetoric and Logic. On the other hand, we have four 'scientific' arts – Music, Arithmetic, Geometry, (the most important one) and Astronomy – are included in the *quadrivium* part, more related to teaching.

- **7 Deadly Sins (yellow) – Which one of the 7 Deadly Sins is this character representing? (WRATH)**

People have always been immoral, shiftless, and self-gratifying. For ages, humankind struggled to find a conceptual system to operationalize their spiritual shortcomings. The 7 Deadly Sins is a grouping of vices within Christian teachings, they are those transgressions which are fatal to spiritual progress. Wrath, opting for uncontrolled feelings of anger, Greed, the desire for pursuit of material possessions, Lust, a craving for the pleasures of the body, Envy, the desire for others' traits, abilities, or situation, Gluttony, the desire to consume more in the point of waste, Sloth, the avoidance of physical or spiritual work, and, last but not least, Pride, the excessive belief in one's own abilities.

- **7 Wonders of the World (blue) – Which one of these Wonders of the World was granted honorary status? (GREAT PYRAMID OF GIZA, EGYPT)**

Everyone has already heard about the 7 Wonders of the World. Nonetheless, The Great Pyramid of Giza, is the largest and oldest (2560 BCE) of the three pyramids at the Giza Necropolis in Egypt and the only surviving of the original Seven Wonders of the Ancient World. Having that in count, it was granted honorary status. Here are the New and Modern 7 Wonders of the World: (-----)

- **Symbolism (yellow-orange) – Do you really think that 7 is a lucky number?**

The very truth is that whether the number seven is really lucky or not is a matter of opinion. Some people believe it is, but this belief may simply stem from the positive things often associated with the number. Like most beliefs associated with the concept of luck, superstition plays a large role in perpetuating the belief. And also because of the number 7's magnificent symbolism. According to Numerology, the number 7 is the seeker, the thinker, the searcher of Truth. It sometimes can be aloof, distant, hates gossip, and money means nothing to him. The 7 is spiritual, but not religious. He is unable to remember a single joke and never superficial. It also represents perfection, security, rest and wisdom.

Here is the award for the winners! However, don't commit the sin of Pride or Gluttony!

My main goal was to make you understand the meanings behind the "so common" number 7 and tell you interesting things about the World where we live in. Did I achieve it?