



WEEK 2



No materials required.

Prep Time: 0 mins.



As this is the second Monday of the month, please consider sharing or re-sharing the Monthly Kick-Off activity, and if appropriate, video at [www.everymondaymatters.org](http://www.everymondaymatters.org). Additionally, a three-minute recap of the previous weeks may add extra context to this week and help connect the dots around the monthly theme.

## WEEKLY KICK-OFF

- 1) **SHARE THIS WEEK'S THEME WITH STUDENTS: "STEP OUT & OUTSIDE"**
- 2) **ASK 1-3 OF THE FOLLOWING QUESTIONS TO HELP STUDENTS EXPLORE THE WEEK'S FOCUS:**

**\*NOTE:** *Choose questions appropriate to your students' ages, grades, ability levels, and classroom goals. Students may share their answers in pairs, small groups, or as a large group.*

- **During this time of year, how likely are you to "STEP OUT & OUTSIDE"?**
- **Do you like being "OUTSIDE"?**
  - Why or why not?
- **What are some things that might keep you from going "OUTSIDE"?**
- **When you are "OUTSIDE," what are your favorite sights, sounds, and smells?**
- **What does it mean to you to "STEP OUT"?**
- **Have you ever done anything that required you to "STEP OUT" of your comfort zone?**
  - What was that experience like?
  - What did you learn?
- **How do you think "STEPPING OUT" helps you to "CONNECT" with others?**
- **How can you be mindful in your "CONNECTIONS" with others?**
- **How does "STEPPING OUT" of your comfort zone remind you that you and others MATTER?**
- **How would your life be personally different if you "STEPPED OUT & OUTSIDE" more?**
- **How do you think your life could look in a year if you chose today to become more "CONNECTED" with others?**
- **How might the world change if we all "STEPPED OUT" of our comfort zones and "CONNECTED" with each other more often?**

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### 3) READ THE WEEKLY INTRODUCTION ALOUD OR ASK A STUDENT TO DO SO:

In most places, it's cold outside! Winter can make us hibernate and want to stay inside. But only hanging out inside and not ever going out can cut us off—from fun and from other people. This week, we want you to challenge yourself to face the cold and **STEP OUT AND OUTSIDE**. That's right, we want you to leave your house! Let's be honest, it takes energy and effort to connect with others during this time of year. But winter is actually one of the most important times to connect with others, as we can often feel alone and lonely in these long, dark days. This week, we're encouraging you to remember that connection is worth more than a comfortable blanket, and to get proactive with your relationships. Call a friend and ask them to meet up somewhere exciting. Throw a party for your community, block, family, or friends, just to make them smile. Strike up a conversation with someone you're standing in line with. Remember that to have a friend, you need to be a friend. Get outside of your comfort zone this week—and outside of your house. Stepping out and outside matters.

### 4) REVIEW HOW THIS WEEK SUPPORTS THE MONTH'S THEME OF "MONDAY GETS CONNECTED":

- **Explain:**

- For many, winter is a time to stay inside and hide out until it's warm again
- It can be really easy to retreat into ourselves or decrease how much we "CONNECT" with those around us
- After all, we often think of summertime as the time to "STEP OUTSIDE," not winter
- But this week, we can bravely "STEP OUT & OUTSIDE" in order to make positive "CONNECTIONS" with others
- Whether it's 5 minutes or a whole weekend, we can find someone to spend time and make a "CONNECTION" with
- No matter the weather, and no matter where you live, there is something waiting to be discovered "OUTSIDE"
- And that discovery is even more interesting when we share it with someone we care about

- **Ask:**

- What is one way you can make a "CONNECTION" today by "STEPPING OUT & OUTSIDE"?
- Why is it important to make meaningful "CONNECTIONS" with others?
- How often do you "STEP OUT" of your comfort zone to "CONNECT" with others?
- Are you ready to "STEP OUT & OUTSIDE" this week?

### 5) PRESENT THE WEEKLY GOALS:

- Discover what we have in common with one another and how we can meet our collective need for "CONNECTION"
- Forge relationships with neighbors, classmates, and others by spending quality time together
- Identify how time spent in the natural world with others can be valuable to all involved
- Understand how "STEP OUT & OUTSIDE" is an important part of this month's theme, "MONDAY GETS CONNECTED"

**“CONNECT DEEPLY WITH OTHERS.  
OUR HUMANITY IS THE ONE THING  
THAT WE ALL HAVE IN COMMON.”**

- MELINDA GATES