



Students make invitations to go on a walk with a friend.



Paper; Pencils or pens; Art supplies (crayons, markers, colored pencils, etc).

Total Prep Time: 5 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. 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.

4 C's		SOCIAL & EMOTIONAL LEARNING		SERVICE LEARNING	
•	Critical thinking	•	Self-awareness		Integrated learning
•	Communication	•	Self-management		High quality service
•	Collaboration	•	Social-awareness		Collaboration
•	Creativity	•	Relationship skills		Student voice
		•	Responsible decision-making		Civic responsibility
					Reflection
					Evaluation

GOALS FOR THE WEEK

- 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”



STUDENT ACTIVITY: "TAKE A WALK WITH ME"

- 1) **SHARE THE NAME OF THIS ACTIVITY WITH STUDENTS: "TAKE A WALK WITH ME"**
- 2) **ASK 1-3 QUESTIONS FROM THE LIST BELOW TO WARM STUDENTS UP ON THE ACTIVITY'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.*

- **When was the last time you "STEPPED OUTSIDE" for something other than school?**
 - What did you enjoy about being outside?
- **Do you think there is a difference between "STEPPING OUTSIDE" and "STEPPING OUTSIDE" with a purpose?**
- **When you "STEP OUTSIDE," what are some things you can do to make it a meaningful experience?**
- **Do you ever "TAKE WALKS" "OUTSIDE" with people you care about?**
 - What's one thing you could do to make this kind of "WALK" memorable?
- **If you only had five minutes with someone to "TAKE A WALK," what would you want to talk about?**
 - How could you use that five minutes to "CONNECT" with that person?
 - How would your conversation change if you had an hour or a whole weekend with this person?
- **Have you ever had an experience "OUTSIDE" with someone that was meaningful to you?**
 - What kinds of things made it special?
- **How can spending time with others "OUTSIDE" help you notice new things, both about nature and about the person you're with?**
- **How would "TAKING A WALK" with someone "OUTSIDE" tell them, YOU MATTER to me?**
- **How could you use this experience to really "GET CONNECTED"?**

- 3) **SET UP THE "TAKE A WALK WITH ME" ACTIVITY:**

- **Explain:**
 - "WALKING" is reportedly America's favorite exercise
 - But it might surprise you to know that we "WALK" less on average than any other industrialized nation (about 5,100 daily steps compared to Australia's 10,000 or Japan's 7,000; www.factretriever.com)
 - "WALKING" is a good way to see the beauty around us, get some fresh air, and make positive "CONNECTIONS" with others, not to mention all the health benefits
 - Once in a while it's nice to just unplug and have some meaningful time "OUTSIDE"
 - And while there are lots of good reasons to "STEP OUTSIDE" solo, it's also great to share the experience with someone we care about
- **Ask:**
 - When was the last time you took a "WALK" "OUTSIDE"?
 - Would you be excited to "TAKE A WALK" with someone that you care about?
 - What would you like to see happen as a result of your "WALK"?
- **Explain:**
 - Today we will be making invitations for a friend or family member to "TAKE A WALK" with us
 - These invitations can include a specific destination, or can be just for the sake of "WALKING" together
 - Your invitation should be directed at someone you would like to get a stronger "CONNECTION" with
 - Wherever you go, make sure your route is safe and make sure to get approval from an adult before heading out

4) START THE “TAKE A WALK WITH ME” ACTIVITY:

- Set out supplies for invitation, including paper, pencils or pens, and art supplies (crayons, markers, colored pencils, etc.)
- Instruct students that they will be making an invitation for one person, with “TAKE A WALK WITH ME” on the front
- Ask students to share out some ideas of where they could “TAKE A WALK” with someone or things that they could do
 - Possible ideas are: “WALKING” around the neighborhood or city center; “WALKING” to look for specific things “OUTSIDE” like leaves, animals, street signs, letters from their names on store fronts, etc.
- Ask students to make their invitations specific with phrases like “I want to explore our town with you because YOU MATTER to me,” pictures, or maps of where they want to go
- Encourage students to put a couple of available dates on their invitation to promote follow-through
- Make sure students understand the instructions and ask them to begin
- Allow up to 10 minutes for students to create and decorate their invitations to “TAKE A WALK”
- When time is up, ask for volunteers to share out their invitation and any other details
- Remind students to deliver their invitation this week, and remind students to be sure to get a parent or guardian’s permission before “TAKING A WALK” with their friend or family member

5) AFTER THE ACTIVITY, ASK 1-3 OF THE FOLLOWING QUESTIONS TO HELP STUDENTS REFLECT ON WHAT THEY’VE ACCOMPLISHED AND HOW THEY CAN TAKE THIS FORWARD:

***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.*

- Where do you think you will go for your “WALK”?
- What will you do to help your friend or family member feel valued and valuable?
- How will you make this experience fun?
- Who else can you think of that you’d like to “TAKE A WALK WITH”?
- What do you think will be the feeling of your “WALK”: Thoughtful? Lighthearted? Silly? Something else?
- What kinds of questions or topics of conversation could help you truly “CONNECT” with your friend while on your “WALK”?
- What kinds of unexpected things might happen to make your “WALK” interesting or fun?
- How do you think your friend will respond to your invitation?
- How would you respond to someone giving you an invitation like this?
- Do you think your “WALK” with your friend or family member will help you two be even more “CONNECTED”?
- How might your “WALK” help your friend or family member know that they MATTER?

6) THANK STUDENTS FOR PARTICIPATING IN MAKING INVITATIONS FOR THEIR FRIENDS TO “TAKE A WALK” WITH THEM. REMIND THEM THAT THEIR EFFORTS TO SPECIFICALLY “CONNECT” WITH SOMEONE CAN BE REALLY MEMORABLE FOR BOTH PEOPLE AND SHOW OTHERS THAT THEY “MATTER.”

7) CHALLENGE STUDENTS TO FOLLOW THROUGH ON THEIR PLAN TO “TAKE A WALK” WITH THEIR FRIEND. CHALLENGE THEM ALSO THIS WEEK TO BE AWARE OF THOSE WHO MAY NEED “CONNECTION” AND TO INCLUDE THEM IN EFFORTS TO “STEP OUT & OUTSIDE” AS WELL.

8) CONTINUE EXPLORING HOW TO “CONNECT” WITH OTHERS BY LEADING ONE OR MORE OF THE FOLLOWING EXTENSION IDEAS.



EXTENSION IDEAS:

DO ONE OR MORE OF THESE EXTENSION IDEAS TO BRING THE LESSON FROM 15 MINUTES TO 30 MINUTES OR MORE.

- 1) Conversation Cards:** In addition to their invitations, let students make conversation cards for their “WALK.” These can be read at specific places on their “WALK”, and can include things like, “What do you think about this (building, view, etc.)?” or “If you owned this store, what would you sell in it?” Encourage open-ended questions. These cards will be read by both people on the “WALK” in order to “CONNECT” better.
- 2) Walk in Class:** If you live in an area that isn’t as safe for students to be “OUT” and about, split students into pairs and let them go on “WALKS” together around your campus. Have them ask each other get-to-know-you questions. Allow for enough time to really enjoy being “OUTSIDE” together.
- 3) Walk as a Class:** If possible, “TAKE” a quiet “WALK” as a group. Encourage students to notice as many things as possible around them as they walk together. Or do a picture scavenger hunt, where each person takes a photo of something that stands out to them “OUTSIDE.” Document your findings.
- 4) Step In for Others:** In addition to “STEPPING OUT AND OUTSIDE,” allow students to “STEP” in to bring nature to someone who may not be able to “STEP OUTSIDE” much, such as those in a hospital or assisted care facility. Include notes, pictures, etc. to bring your positive experience to others.

“ A BREATH OF FRESH AIR IS A GREAT THING TO TAKE AND AN EVEN BETTER THING TO BE. ”

- ANONYMOUS