



No materials required.

Prep Time: 0 mins.



As this is the last 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.

WEEKLY KICK-OFF

1) SHARE THIS WEEK'S THEME WITH STUDENTS: "BE PRESENT"

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.*

• **What does it mean to "BE PRESENT"?**

- Answer: Focusing on what's happening at that moment and showing that we care by asking questions, listening to understand, and putting away distractions

• **What are some ways that you can "BE PRESENT"?**

• **Have you ever been talking with someone who didn't seem fully "PRESENT"?**

- How did this feel?

• **Do you think you're ever not fully "PRESENT" with other people?**

- Would you like to grow in your ability to "BE PRESENT" with others?

• **Do you ever notice how many distractions we encounter on a daily basis that prevent us from "BEING" fully "PRESENT"?**

- What are some of these distractions?

• **What are some things that prevent us from being "PRESENT"?**

• **Is our ability to "BE PRESENT" something that we can work on or grow in?**

• **Can you think of any techniques or ideas you've seen or heard of that can help you "BE PRESENT" in your day-to-day encounters?**

• **Do you think it is important for us to "BE PRESENT" in order to cultivate meaningful relationships?**

- Why or why not?

- How can “BEING PRESENT” help us to fully engage with others in relationships, whether one-on-one or in big groups of people?
- Why is “BEING PRESENT” important?
- How can “BEING PRESENT” help you actively “CONNECT” with others?
- How can “BEING PRESENT” help you know that YOU MATTER?
- How can it show others that they MATTER, too?
- What would the world be like if we all were “PRESENT” in the moment and in our relationships more often?

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

Being able to connect with others starts with one simple thing: Being present with them. Real and lasting connections happen when we’re with someone physically, mentally, and emotionally. It sounds easy, but it’s often not. We have a lot of things going on in our heads and in our lives—and we all have technology and other things to distract us. But this week, we’re going back to the basics and asking you to BE PRESENT. We want you to say yes to being right here, right now, even if it’s a challenge to do. We’re asking that you put aside whatever is stressing you out, whatever is worrying you, and whatever thing you have to do next and just... be. This week, we’ll make connecting a priority as we take time to be with ourselves, to be with others, and to be with whatever is happening in the moment. Because when we can just be, we can connect and our relationships can thrive. We can see what’s really going on and choose to address it, whether it’s something to celebrate or something to work on. This week, accept the challenge and put away the distractions. See what happens. Being present matters.

4) REVIEW HOW THIS WEEK SUPPORTS THE MONTH’S THEME OF “MONDAY GETS CONNECTED”:

• Explain:

- It sounds easy to “BE PRESENT,” but it can sometimes be a little difficult
- But when we are able to “BE PRESENT,” we discover more about the people around us, what the needs of others are, and how to truly enjoy the “CONNECTION” we have with another person
- When we put down the distractions that keep us isolated, we can fully “CONNECT” with other individuals and even groups of people
- “PRESENCE” is necessary for our relationships to grow and to authentically “CONNECT” with the people we care about
- So this week, we are going to work on our capacity for “BEING PRESENT” in the moment, and putting aside worries, stress, and distractions to truly “CONNECT” with other people

• Ask:

- Why does being “PRESENT” take work?
- Why is it important for us to try and understand the needs of others by “BEING PRESENT”?
- Do you think life is more enjoyable when everyone is living in the moment?
- Why is important for us to work toward building “CONNECTIONS” with others by “BEING PRESENT”?

5) PRESENT THE WEEKLY GOALS:

- Explore ways that we can live in the moment, not only with others, but also with ourselves
- Discover what it means to “BE PRESENT” and how our effort can help us fully engage in our relationships
- Learn techniques that help us focus on the now so that we can enjoy what’s happening with the people around us
- Understand how “BE PRESENT” is an important part of this month’s theme, “MONDAY GETS CONNECTED”

**“BE HAPPY FOR THIS MOMENT.
THIS MOMENT IS YOUR LIFE.”**

- OMAR KHAYYAM