



WEEK 4



Blank paper or student-made YOU MATTER Journals; Pens or pencils.

Prep time: 5 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 REFLECTION

1) SHARE:

- Now that “BE PRESENT” week is over, let’s see how we did on our weekly goals

2) RE-SHARE 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”

3) USE 1-3 OF THE FOLLOWING QUESTIONS TO LEAD A DISCUSSION IN PAIRS, SMALL GROUPS, AND/OR AS A LARGE GROUP, OR AS JOURNAL OR WRITING PROMPTS:

***NOTE:** *Choose questions appropriate to your students’ ages, grades, ability levels, and classroom goals.*

- What was it like to “BE PRESENT” this week?
- In what ways were you “PRESENT” this week?
 - Was “BEING PRESENT” always easy?
 - How were you “PRESENT” even when it was challenging to do so?
- How has “BEING PRESENT” helped you to “CONNECT” with yourself and others this week?
 - Did it help you “CONNECT” to the world around you? How so?
- What did you like best about “BE PRESENT” week and why?
- What are some things you’ve learned about what it means to “BE PRESENT”?

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- **What was it like to do a mindfulness meditation where you focused on your senses (the I MATTER activity)?**
 - How did this help you “BE PRESENT”?
 - Will you meditate or practice mindfulness going forward?
 - **Did you enjoy playing “Presence Bingo” (the YOU MATTER activity)?**
 - What did you learn about “BEING PRESENT”?
 - **What were some things you documented about your community as it is in the “PRESENT” moment (the WE MATTER activity)?**
 - How will you use photographs or images to help you “BE PRESENT” and share different stories going forward?
 - **Why is it important to actively engage with the “PRESENT” moment?**
 - **Do you think it’s important to “BE PRESENT” in order to meaningfully engage in relationships with others?**
 - Why or why not?
 - **How does your ability to “BE PRESENT” with others show them that you care and enjoy the “CONNECTION” that you have with them?**
 - **Why is it important to put down distractions in order to fully “BE PRESENT”?**
 - **How can engaging in the “PRESENT” moment help us reduce stress and worry?**
 - **How does “PRESENCE” help us cultivate truly wonderful relationships?**
 - **How can we “BE PRESENT” and inspire others in our community to engage in the moment and to better the world around us?**
 - **How can “BEING PRESENT” help us “CONNECT” with ourselves, others, and the world around us?**
 - **How can “BEING PRESENT” help you remember that YOU MATTER?**
 - How can it show others that they MATTER, too?
 - **Why would it be so awesome if everyone in the world was always “PRESENT” in the moment?**
- 4) THANK STUDENTS FOR WORKING ON THEIR ABILITY TO “BE PRESENT” AND LIVE IN THE MOMENT. REMIND THEM THAT “BEING PRESENT” MAKES A HUGE IMPACT IN THEIR OWN LIVES AND THE LIVES OF OTHERS AROUND THEM.**
- 5) CHALLENGE STUDENTS TO CONTINUE CULTIVATING MOMENT-TO-MOMENT AWARENESS IN ORDER TO FULLY APPRECIATE THEIR LIVES, THEIR “CONNECTIONS” AND RELATIONSHIPS, AND THE WORLD AROUND THEM. ENCOURAGE THEM TO SHOW OTHERS THAT THEIR RELATIONSHIPS ARE IMPORTANT BY PUTTING AWAY DISTRACTIONS AND “BEING PRESENT.”**

**“ DO NOT DWELL IN THE PAST,
DO NOT DREAM OF THE FUTURE,
CONCENTRATE THE MIND ON THE
PRESENT MOMENT.”**

- BUDDHA