



No materials required.

Prep Time: 0 mins.



As this is the first Monday of the month, please consider sharing or the Monthly Kick-Off activity and if appropriate, video at www.everymondaymatters.org.

WEEKLY KICK-OFF

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

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 the word "CURIOUS" mean?**
 - Answer: Eager to learn or know something
- **What do you think it means to "BE CURIOUS"?**
- **How can "CURIOSITY" relate to "UNDERSTANDING"?**
 - Possible Answer: To really "UNDERSTAND" someone or something, we must start with "BEING CURIOUS" about that person or thing, or wanting to know more about the person or thing
- **What are some ways that you are "CURIOUS"?**
- **What does it feel like when you are "CURIOUS"?**
- **What are some things that you are "CURIOUS" about?**
- **Do you know anyone who is a really "CURIOUS" person, and if so, what are they like?**
- **Do you think "CURIOSITY" can be fun?**
- **What is a bias?**
 - Answer: Showing favoritism toward something or someone, even if it's not on purpose
- **How can "BEING CURIOUS" help you "UNDERSTAND" other people and things more?**
- **Do you think you need to "BE CURIOUS" in order to "GET UNDERSTANDING"?**
 - Why or why not?
- **Why is "CURIOSITY" important?**
- **How can "BEING CURIOUS" open us up to new experiences and knowledge that we didn't know before?**

-
- How can “CURIOSITY” help us get to know others better?
 - How can “BEING CURIOUS” help us be empathetic people?
 - Note: Empathy is defined as the ability to “UNDERSTAND” and share the feelings of another person
 - Why are empathy, “CURIOSITY,” and “UNDERSTANDING” important for showing others that they MATTER?
 - How can “BEING CURIOUS” help you understand that YOU MATTER?
 - What would the world be like if we all were “CURIOUS” and open to new things more often?

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

Sometimes it feels like we'd like to know everything. But the world might actually be pretty boring if we understood everything all the time. Part of the joy of living is learning new things and discovering realities we've never considered before. When we start to see life through the lens of discovery, life becomes super interesting. We start to want to deeply understand people and things, not just know about them. This week, we'll be taking the first step to discovery and understanding as we invite you to BE CURIOUS. Throughout the week, we'll use curiosity as a tool to get to know people, situations, and the world even better. We'll discover that being curious starts with admitting that we don't know everything, and that we might be wrong about some things that we've already learned... and that's okay. We'll start to uncover our biases about people and the world, and use our curiosity to help us to ask questions instead of assuming things. This week, we'll use curiosity as our superpower, and realize that the more we seek out and learn things, the more understanding, empathetic, and compassionate people we become with connections that last. Curiosity is power. Believe in it. Being curious matters.

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

- **Explain:**
 - “BEING CURIOUS” and seeking “UNDERSTANDING” are really important in helping us see the world differently
 - We are all guilty of sometimes making assumptions about things we don't actually know a lot about
 - And, it can be hard to admit that we don't know something, or that something we learned before isn't right, even though everyone goes through this
 - It can be difficult to ask questions and “UNDERSTAND” things or people that may be different from how we usually think, feel, or experience
 - This week, we are going to change our mindsets and discover how “BEING CURIOUS” can allow us to learn even more about the world around us and the people in it
 - And, when we're “CURIOUS” and see that there is beauty in “UNDERSTANDING” other people and new things, we can remember that we MATTER and others do, too
- **Ask:**
 - What are some ways we can respectfully and genuinely “BE CURIOUS” about others?
 - How can we “BE CURIOUS” about situations, events, and experiences that are new to us?
 - What can we learn by “BEING CURIOUS”?
 - How can you commit to “BEING CURIOUS” this week, even if it's a little intimidating or scary?
 - Why is “BEING CURIOUS” worth it in the long run, for ourselves, our relationships, and the world?
 - How can “BEING CURIOUS” and seeking “UNDERSTANDING” truly change the world in a positive way?

5) PRESENT THE WEEKLY GOALS:

- Discover how challenging our biases and being open to new things can lead to more fulfilling lives for ourselves and others
- Invest in others by bringing genuine “CURIOSITY” to our relationships
- Find creative ways to gain knowledge about our own lives, families, and communities
- Understand how “BE CURIOUS” is an important part of this month’s theme, “MONDAY GETS UNDERSTANDING”

**“WHEN YOU’RE CURIOUS,
YOU FIND LOTS OF INTERESTING
THINGS TO DO.”**
- WALT DISNEY