



WEEK 1

15
MIN



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

Prep time: 5 mins.



Use this WEEKLY REFLECTION as a way to allow students to really connect the week's theme and to reflect on the activities they did and the things they learned throughout the week.

WEEKLY REFLECTION

1) SHARE:

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

2) RE-SHARE 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”

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 CURIOUS” this week?
- How did you express your “CURIOSITY” this week?
- How has “BEING CURIOUS” helped you “UNDERSTAND” the world even better?
 - How has it helped you “UNDERSTAND” yourself even more?
- What were some of the best moments you shared while “BEING CURIOUS” this week?
- What have you learned about what it means to “BE CURIOUS”?
- What was it like to research a topic that you are “CURIIOUS” about (the I MATTER activity)?
 - What did you choose to research?
 - Did you end up doing an experiment about it to learn even more? What was that like?
- Did you enjoy playing “The 5 Why’s” (the YOU MATTER activity)?

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- What did you learn about others by “BEING CURIOUS” in this way?
 - Why is asking questions a great way to “UNDERSTAND” things even better?
 - **What was it like to create a family tree (the WE MATTER activity)?**
 - Did you learn anything about your family that you didn’t know before?
 - **What are the benefits of “BEING CURIOUS”?**
 - **How can “BEING CURIOUS” help you relate to others in a new and genuine way?**
 - **Do you think “CURIOSITY” can strengthen your relationships with others?**
 - How so?
 - **How can “CURIOSITY” help you build a stronger community with the people around you?**
 - **How can you share your “CURIOSITY” spirit with others and inspire them to “BE CURIOUS,” as well?**
 - **How will you use your “CURIOSITY” to help create a more “UNDERSTANDING” and empathetic world?**
 - **How did you learn that YOU MATTER this week by “BEING CURIOUS”?**
 - **How did you use “CURIOSITY” to show others that they MATTER to you?**
 - **What would the world be like if we all made showing others that they MATTER a priority and “GOT CURIOUS” more often?**

4) THANK STUDENTS FOR “BEING CURIOUS” ALL THROUGHOUT THE WEEK. REMIND THEM THAT “CURIOSITY” AND BEING OPEN CREATES A MORE “UNDERSTANDING” COMMUNITY AND WORLD.

5) CHALLENGE STUDENTS TO BE AS OPEN AND “CURIOUS” AS POSSIBLE IN THEIR LIVES, SHOWING OTHERS HOW THEY CAN “BE CURIOUS,” TOO.

“ TRY TO MAKE SENSE OF WHAT YOU SEE, AND WONDER ABOUT WHAT MAKES THE UNIVERSE EXIST. BE CURIOUS. ”
- STEPHEN HAWKING