



WEEK 4



MONDAY  
GETS  
UNDERSTANDING

THIS WEEK: BUILD BRIDGES



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 “BUILD BRIDGES” week is over, let's see how we did on our weekly goals

### 2) RE-SHARE THE WEEKLY GOALS:

- Discover personal beliefs that “BUILD” walls and replace them with new beliefs that embrace empathy, love, connection, and a sense of global community
- Identify how to bring more people into our inner circles to grow our sense of comfort, belonging, and family
- Practice looking for similarities, common ground, and shared goals between seemingly different people
- Understand how “BUILDING BRIDGES” 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 did you learn about “BUILDING BRIDGES” this week?
- What did you like best about “BUILD BRIDGES” week and why?
- What is an example of a “BRIDGE” you “BUILT” this week?
- Why is “BUILDING BRIDGES” an important act?
- How have you grown throughout the week?
- What was it like to create a “Declaration of Interdependence” and create a class “continent” (the I MATTER activity)?
- What did you learn about how you can “BUILD BRIDGES” with other people in your life?

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- **How did you move “across the aisle” to invite someone into your life this week (the YOU MATTER activity)?**
  - How will you continue moving “across the aisle” and creating your own community of people you can rely on and support?
  - **What kind of “BRIDGES” did you “BUILD” as you looked at people and groups who are seemingly very different from each other (the WE MATTER activity)?**
  - Do you believe now that most people are more similar than they are different? Why or why not?
  - **What strategies did you learn this week to make “BUILDING BRIDGES” a part of your life?**
  - **Are you now more willing to accept that every person’s perspective is as valid and valuable as your own?**
  - **How will you remember that everyone has their own unique background and belief system—and that these are just as valid as your own?**
  - **How will remembering that everyone has different identities and experiences change the way you interact with others?**
  - **How will you continue to accept that all interactions with others are opportunities to expand your knowledge, perspective, respect, empathy, and wisdom?**
  - How will this change how you interact with others and your relationships with them?
  - **Do you believe that all individuals share similarities, common goals, or core desires behind their actions and choices that sometimes seem to conflict?**
  - How does realizing this change your reaction to conflict or opposing groups?
  - **Have you been able to make your primary goal of every conflict to learn instead of simply trying to feel “right” or “better than” someone else?**
  - How has this changed your relationships to others and the world around you?
  - **How will you prioritize being “UNDERSTANDING” and “BUILD BRIDGES” when you encounter differences or conflicts going forward?**
  - **What are some of the challenges you or others might face when trying to “BUILD BRIDGES” when encountering differences or conflicts?**
  - How can you commit to “BUILDING BRIDGES” even when it may seem difficult to overcome nervousness, anger, self-righteousness, or the desire to “be right”?
  - **Are you inspired to help other people “BUILD BRIDGES” and “GET UNDERSTANDING”?**
  - How can you commit to doing this?
  - **Why is it necessary to “GET UNDERSTANDING” in order to “BUILD BRIDGES”?**
  - **How did you remember that YOU MATTER as you “BUILT BRIDGES” this week?**
  - **How did you show others that they MATTER?**
  - **What would the world be like if we all committed to “GET UNDERSTANDING” and “BUILD BRIDGES” more often?**
  - Do you think everyone would know that they MATTER more often?

**4) THANK STUDENTS FOR CONNECTING TO THE VALUES OF DIFFERENCE, DIVERSITY, AND ALL PERSPECTIVES THIS WEEK, AND FOR LEARNING THE IMPORTANCE OF VIEWING EVERY INTERACTION AS AN OPPORTUNITY TO “GET UNDERSTANDING” AND “BUILD BRIDGES.”**

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**5) CHALLENGE STUDENTS TO USE THIS OPPORTUNITY TO START CHANGING HOW THEY VIEW CONFLICT AND DIFFERENCES. INSTEAD OF BEING “RIGHT” OR “BETTER THAN” OTHERS, CHALLENGE STUDENTS TO PRIORITIZE LEARNING AND FINDING COMMON GROUND TO “BUILD BRIDGES” WITH OTHERS. ENCOURAGE STUDENTS LET GO OF PERSONAL BELIEFS THAT “BUILD” WALLS AND TO EMBRACE EMPATHY, BRING MORE PEOPLE INTO THEIR INNER CIRCLE, AND TO PRACTICE LOOKING FOR SIMILARITIES AND COMMON GROUND BETWEEN SEEMINGLY OPPOSING GROUPS.**

**“ I’M TRYING TO BURN  
WALLS DOWN AND BUILD  
MORE BRIDGES.”**

**- JANELLE MONAE**