

Ability to show students the monthly video ([www.everymondaymatters.org](http://www.everymondaymatters.org)), if appropriate.

Prep time: 5 mins.



As this is the first Monday of the month, we recommend presenting this Monthly Kick-Off activity and if appropriate, the monthly video. Or, at a minimum, offer highlights from this activity plan.

## MONTHLY KICK-OFF

- 1) **SHARE THIS MONTH'S THEME WITH STUDENTS: "MONDAY GETS ENGAGED"**
- 2) **SHOW STUDENTS THE "MONDAY GETS ENGAGED" VIDEO.**

- The "MONDAY GETS ENGAGED" video can be found at [www.everymondaymatters.org](http://www.everymondaymatters.org). Click on "MONTHLY VIDEOS" on the homepage.

- 3) **ASK A FEW OF THE FOLLOWING QUESTIONS TO WARM STUDENTS UP ON THIS MONTH'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.*

- **When you hear the word "ENGAGED," what comes to mind?**
- **What does it mean to "GET ENGAGED" when it relates to community?**
  - Answer: To get involved with something in a meaningful way; not just being present for something, but really putting your heart into it
- **What are some ways that you "GET ENGAGED" with your community already?**
- **How are you "ENGAGED" with others through relationships?**
- **Who are some people that you often "ENGAGE" with?**
- **Do you know anyone who is really "ENGAGED" with others or within their community?**
  - What are they like?
- **Why is it important to "GET ENGAGED"?**
- **Is it always easy to "GET ENGAGED," or is it sometimes easier to stay "DISENGAGED"?**
  - Why is that?
- **Why might it be important to "GET ENGAGED" and really get to know the community, the people, and the needs around you?**

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- How can knowing the need help you get involved with your community and really help others?
  - How is volunteering a way to “GET ENGAGED”?
  - Do you think being a leader is a way to “ENGAGE” with others?
    - How so?
  - When you “GET ENGAGED”, do you think you’re really committing to your community?
    - How so?
  - How can “GETTING ENGAGED” show you that YOU MATTER and that you can really make a difference to the world around you?
  - Do you think “GETTING ENGAGED” can show others that they MATTER, too?
  - How might “ENGAGING” with the world around you help create a larger culture of positive action and supporting one another?
    - How would this show everyone that WE all MATTER?
  - Are you ready to learn more about “GETTING ENGAGED” this month in many different ways?

**4) SHARE THE MONTHLY SITUATION AND CHALLENGE (PAGE 3) WITH STUDENTS BY READING IT OUT LOUD OR ASKING A STUDENT TO DO SO:**

- Consider having students use this information as the foundation for a writing prompt. Let them form their own questions or provide them one or two to answer, using the challenge that lies ahead of them for the month

**5) CONSIDER SHARING THE MONTHLY FACTS (PAGES 4-6) WITH STUDENTS.**

- This can be done now or throughout the month
- The MONTHLY FACTS are an integrated learning tool for you to use, as desired and appropriate

**6) SHARE THE UPCOMING WEEKLY THEMES WITH STUDENTS.**

- Monday, June 3 - “KNOW THE NEED”
- Monday, June 10 - “VOLUNTEER YOUR TIME”
- Monday, June 17 - “LEAD A TEAM”
- Monday, June 24 - “COMMIT TO COMMUNITY”

**7) GET STUDENTS EXCITED ABOUT MAKING JUNE ALL ABOUT “MONDAY GETS ENGAGED” AND SEEING HOW A LITTLE CONNECTION, COMMUNITY, AND LEADERSHIP CAN MAKE A HUGE DIFFERENCE IN THEIR LIVES AND THE LIVES OF OTHERS, BOTH NOW AND IN THE FUTURE.**

**8) ENJOY THE FIRST WEEK’S THEME AND ACTIVITIES: “KNOW THE NEED”**

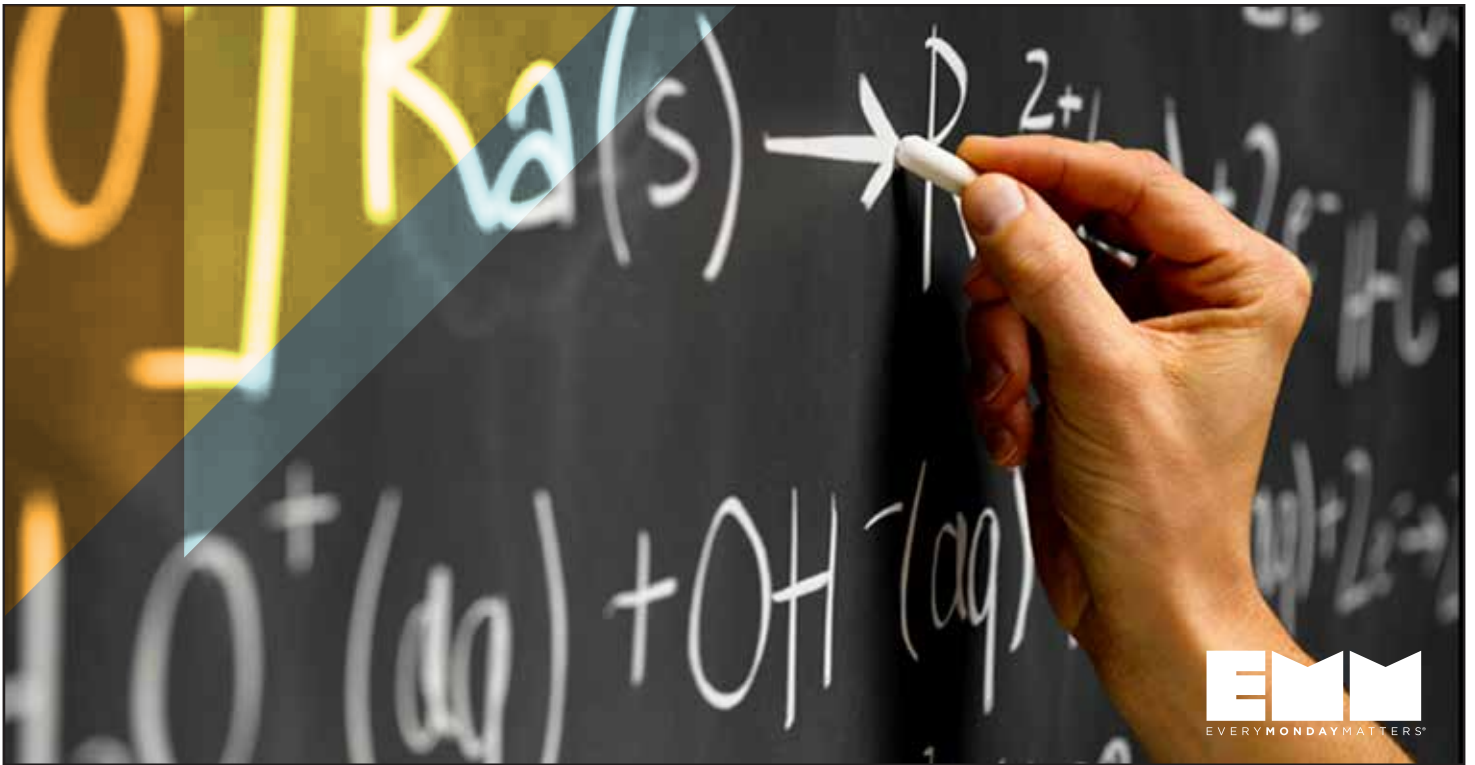


## THE SITUATION

It's easy to live in a community—it's more of a challenge to actually engage with it in meaningful ways. This month, we're figuring out just how well we know our communities, and how we can know them better. How well do you know your neighbors and your classmates? What are some of the needs around you? When was the last time you helped make something better in your neighborhood? This month, we're challenging you to make time to GET ENGAGED and get involved, doing your part as a community member, friend, classmate, and family member. When we're present with our community, asking questions, and committed to making a difference, we can make a real and positive impact on the world. This month, get engaged and get involved wherever you're at.

## THE CHALLENGE

With summer weather comes summer living! Since summer has officially arrived, we're excited for you to get out there and get involved with the people, the community, and the world around you. This month, we'll ask how you're already involved with your community, and we'll also ask how else you can get engaged. We'll challenge you to not just live in your community, but to be a real citizen of it. We'll discover that getting engaged doesn't have to be a huge, life-changing action; instead, you can start to view every interaction as an opportunity to engage with others and with the community you live in. So this month, get outdoors, be present, and be willing to get going. Be the person who makes a positive change instead of complaining about what's not working. Be a model citizen and show others that they can get engaged, also. Find what makes you excited and engage with it. Be the change you want to see, and lead by example. Getting engaged matters.



## MONTHLY FACTS

### ENGAGED (ADJECTIVE):

1. INVOLVED IN ACTIVITY; OCCUPIED, BUSY
2. GREATLY INTERESTED; COMMITTED

-[www.merriam-webster.com](http://www.merriam-webster.com)

**THE COMMUNITY NEEDS ASSESSMENT PROCESS IS AN INVALUABLE TOOL FOR INVOLVING THE PUBLIC IN SOLVING PROBLEMS AND DEVELOPING GOALS. PEOPLE HAVE A NATURAL TENDENCY TO RESIST CHANGE DUE TO THE LACK OF ADEQUATE INFORMATION OR LACK OF INVOLVEMENT IN THE DECISION MAKING PROCESS. TAKING ADVANTAGE OF A NEEDS ASSESSMENT CAN BE AN EXCELLENT WAY FOR THE PUBLIC TO BECOME INVOLVED AND CONTRIBUTE TO THE OUTCOME(S). "I APPRECIATE FEELING LIKE I HAVE A VOICE THAT SOMEONE WANTS TO HEAR. IF THIS IS CONTINUED, YOU WILL ALWAYS HAVE GRATEFUL RESIDENTS." (UTAH STATE UNIVERSITY EXTENSION 2003).**

-Taylor, Tracy; *Community Needs Assessments*; [LearningtoGive.org](http://LearningtoGive.org)

**VOLUNTEERING OFFERS VITAL HELP TO PEOPLE IN NEED, WORTHWHILE CAUSES, AND THE COMMUNITY, BUT THE BENEFITS CAN BE EVEN GREATER FOR YOU, THE VOLUNTEER. VOLUNTEERING AND HELPING OTHERS CAN HELP YOU REDUCE STRESS, COMBAT DEPRESSION, KEEP YOU MENTALLY STIMULATED, AND PROVIDE A SENSE OF PURPOSE. WHILE IT'S TRUE THAT THE MORE YOU VOLUNTEER, THE MORE BENEFITS YOU'LL EXPERIENCE, VOLUNTEERING DOESN'T HAVE TO INVOLVE A LONG-TERM COMMITMENT OR TAKE A HUGE AMOUNT OF TIME OUT OF YOUR BUSY DAY. GIVING IN EVEN SIMPLE WAYS CAN HELP OTHERS THOSE IN NEED AND IMPROVE YOUR HEALTH AND HAPPINESS.**

-Segal, Jeanne and Lawrence Robinson; *Volunteering and Its Surprising Benefits*; [www.helpguide.org](http://www.helpguide.org); July 2018

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**VOLUNTEERING AND SERVING OTHERS IS A SIGNIFICANT PART OF LIVING INTENTIONALLY AND TRYING TO MAKE A POSITIVE IMPACT ON THE WORLD. BUT, IT CAN BE INTIMIDATING TO STEP OUT. AND EVEN WHEN WE DO, IT CAN BE A DISHEARTENING EXPERIENCE. WE ALL HAVE OUR ISSUES AND WEAKNESSES THAT CAN KEEP US IN OUR SAME ROUTINES AND PREVENT US FROM VOLUNTEERING FOR SOMETHING NEW. HERE ARE A FEW THINGS THAT HOLD US BACK FROM SERVING OTHERS:**

- 1. WE'RE WAITING FOR THE PERFECT CONDITIONS**
- 2. WE THINK WE DON'T HAVE ENOUGH TO OFFER**
- 3. WE FEAR THE UNKNOWN**
- 4. WE DON'T KNOW WHICH CAUSE TO CHOOSE**
- 5. WE DON'T THINK WE'RE NEEDED**
- 6. WE FELT OUT OF PLACE**
- 7. WE THINK WE CAN'T MAKE A DIFFERENCE**

**VOLUNTEERING TAKES DETERMINATION. SOMETIMES, IT TAKES WORK JUST TO GET STARTED. BUT IT CAN ALSO CHANGE WHO WE ARE AND HOW WE LIVE—FOR THE BETTER.**

*-McNall, Marney; Things That Hold Us Back From Serving Others; Relevant Magazine; December 2017*

**[BRENÉ] BROWN DEFINES VULNERABILITY AS UNCERTAINTY, RISK, AND EMOTIONAL EXPOSURE. LEADERS EXHIBIT COURAGEOUS LEADERSHIP WHEN THEY'RE WILLING TO BE VULNERABLE—THEY'RE "ALL IN"—EVEN THOUGH IT MEANS THEY MAY FAIL OR GET HURT. CONTRARY TO POPULAR OPINION, VULNERABLE LEADERSHIP ISN'T SOFT OR WEAK. BROWN SAYS VULNERABILITY SOUNDS LIKE TRUTH AND FEELS LIKE COURAGE. TRUTH AND COURAGE AREN'T ALWAYS COMFORTABLE, BUT THEY'RE NEVER WEAKNESS... COURAGEOUS LEADERSHIP IS NOT COMFORTABLE. YOU WILL FALL AND SKIN YOUR KNEE. BUT COURAGE IS CONTAGIOUS. EVERY TIME WE CHOOSE COURAGE, WE MAKE EVERYONE AROUND US A LITTLE BETTER AND THE WORLD A LITTLE BRAVER.**

*-Conley, Randy; Brené Brown's 4 Pillars of Courageous Leadership; www.leadingwithtrust.com; October 2017*

**10 TRAITS OF COURAGEOUS LEADERS:**

- 1. CONFRONT REALITY HEAD-ON**
- 2. SEEK FEEDBACK AND LISTEN**
- 3. SAY WHAT NEEDS TO BE SAID**
- 4. ENCOURAGE PUSH-BACK**
- 5. TAKE ACTION ON PERFORMANCE ISSUES**
- 6. COMMUNICATE OPENLY AND FREQUENTLY**
- 7. LEAD CHANGE**
- 8. MAKE DECISIONS AND MOVE FORWARD**
- 9. GIVE CREDIT TO OTHERS**
- 10. HOLD PEOPLE (AND YOURSELF) ACCOUNTABLE**

*-Tardanico, Susan; 10 Traits of Courageous Leaders; Forbes; January 2013*

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**A SENSE OF BELONGING TO A GREATER COMMUNITY IMPROVES YOUR MOTIVATION, HEALTH, AND HAPPINESS. WHEN YOU SEE YOUR CONNECTION TO OTHERS, YOU KNOW THAT ALL PEOPLE STRUGGLE AND HAVE DIFFICULT TIMES. YOU ARE NOT ALONE. THERE IS COMFORT IN THAT KNOWLEDGE. TO BUILD A SENSE OF BELONGING REQUIRES ACTIVE EFFORT AND PRACTICE. ONE WAY TO WORK ON INCREASING YOUR SENSE OF BELONGING IS TO LOOK FOR WAYS YOU ARE SIMILAR WITH OTHERS INSTEAD OF FOCUSING ON WAYS YOU ARE DIFFERENT... ANOTHER WAY TO BUILD YOUR OWN SENSE OF BELONGING IS TO WORK ON ACCEPTANCE OF OTHERS. TO ACCEPT OTHERS AND VIEWS THAT ARE NOT THE SAME AS YOURS MAY REQUIRE THAT YOU OPEN YOUR THOUGHTS TO THE IDEA THAT THERE IS VALUE IN EVERYONE'S THINKING... TRY SAYING YES TO OPPORTUNITIES TO BE WITH OTHERS AND THEN THROW YOURSELF IN TO WHATEVER THE ACTIVITY IS. LET GO OF YOUR JUDGMENTS. JUDGMENTS BUILD WALLS. FOCUS ON PEOPLE.**

*-Hall, Karyn; Creating a Sense of Belonging; Psychology Today; March 2014*

**EACH OF US MUST DO OUR SMALL PART IN MAINTAINING THE HEALTH AND WELL-BEING OF THE COMMUNITY IN WHICH WE LIVE. YOU MIGHT THINK THAT YOUR VOICE OR YOUR ACTIONS DO NOT MATTER MUCH IN THE BIG SCHEME OF THINGS, BUT IT DOES. IT MATTERS BECAUSE COMPASSION IS CONTAGIOUS. IT MATTERS BECAUSE WHEN ONE PERSON USES THEIR VOICE, IT ENCOURAGES THE SHY AND SILENT VOICES OF OTHERS TO BE FREE AND EXPRESS THEMSELVES. IF WE ALL STRIVE TO DO OUR BEST TO BE THE BEST PERSON WE CAN BE INDIVIDUALLY, THE RIPPLE EFFECT BEGINS AND REACHES OUT TO THE PEOPLE AROUND US, TO THE COMMUNITY, TO THE COUNTRY, TO THE WORLD. [SOME WAYS TO BE A GOOD COMMUNITY MEMBER INCLUDE:]**

- 1. LOOK THROUGH COMPASSIONATE EYES**
- 2. RESPECT**
- 3. RESPONSIBILITY**
- 4. CONTRIBUTE**
- 5. YOU ARE AN EXAMPLE**
- 6. BE GRATEFUL**

*-Burke, Sheila; Six Ways to Be a Good Community Member; www.zensationalliving.com; September 2014*