



No materials required.

Prep Time: 0 mins.



As this is the second Monday of the month, please consider sharing or re-sharing the Monthly Kick-Off activity, and if appropriate, video at [www.everymondaymatters.org](http://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 KICK-OFF

### 1) SHARE THIS WEEK'S THEME WITH STUDENTS: "SHOW RESPECT"

### 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 "RESPECT" mean?**
  - Answer: Regard for the feelings, wishes, rights, or traditions of others
- **What does it mean to "SHOW RESPECT"?**
  - Answer: To act in a way that shows that you care about others and their well-being
- **Where have you heard the word "RESPECT" before?**
- **What are some ways you "SHOW RESPECT" to others?**
- **Do you find it easy to be "RESPECTFUL" to others?**
  - Why or why not?
- **Is there anyone in your life who "SHOWS RESPECT" often?**
  - What are they like?
- **What does it feel like when you "SHOW RESPECT"?**
- **Do you like it when others "SHOW RESPECT" to you?**
- **What does it feel like when others "RESPECT" you?**
- **Have you ever showed "RESPECT" to someone who believed or lived their life differently than you?**
  - What was that like?
- **Have you ever found it difficult to "SHOW RESPECT" to other people?**
  - What are some challenges to "SHOWING RESPECT" to others?

- Why is it important to “SHOW” other people “RESPECT,” even if they think, act, or believe differently than you?
- Is acting with “RESPECT” different than acting with “HONOR”?
  - If so, how so?
  - How are the two concepts connected?
- How can “SHOWING RESPECT” help you connect to how much YOU MATTER?
- How is choosing to “SHOW RESPECT” to others a way of saying to them, “YOU MATTER”?
- What would your family, friends, and community be like if you chose to show more “RESPECT” every day?
- How would the world be different if we all chose to be more “RESPECTFUL” to others?

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

We all like being respected, meaning we like when others show that they care about us, our feelings, our beliefs, and our traditions. It feels good and helps us to know that we are seen and honored for who we truly are. It’s important to realize that if we want to be respected, we need to respect others in return. This week, we’re going to do the honorable thing and SHOW RESPECT. We’re going to explore what it feels like when we’re being respected and what it feels like to respect others. We’ll discover how to address the challenges that come with a commitment to showing respect and why it’s worth it to overcome those challenges at all. This week, we’ll embrace diversity and practice respecting others for who they are, the decisions they make, and how they live their lives. Showing respect matters.

### 4) REVIEW HOW THIS WEEK SUPPORTS THE MONTH’S THEME OF “MONDAY GETS HONORABLE”:

- **Explain:**
  - “SHOWING RESPECT” is a really big part of “GETTING HONORABLE”
  - We all like feeling “RESPECTED,” but to help make a world that’s full of “RESPECT,” we not only need to feel “RESPECTED,” but also “SHOW RESPECT”
  - “SHOWING RESPECT” means “RESPECTING” yourself and others, even when others do not, and embracing diversity and the differences between our own lives and the lives others
  - It also means challenging the beliefs and assumptions we have so we can learn to “RESPECT” everyone—even the people and things you have learned not to “RESPECT”
  - Embracing differences in others will help us embrace what makes us different, and will help us feel and “SHOW” more “RESPECT” for ourselves and others
  - This week, we will learn how to “GET HONORABLE” to “SHOW RESPECT” for ourselves and others
- **Ask:**
  - Do you ever find it hard to “SHOW RESPECT” to others?
  - Do you think you can grow in your ability to “SHOW RESPECT” to others?
  - Do you think you can get better at “SHOWING RESPECT” to yourself?
  - Are you ready to “GET HONORABLE” and “SHOW RESPECT” this week, showing everyone that WE MATTER?

### 5) PRESENT THE WEEKLY GOALS:

- Identify how it looks, sounds, and feels to give and receive “RESPECT”
- Practice fostering and “SHOWING RESPECT,” even when it is challenging to do
- Discover how “SHOWING RESPECT” can enhance our own sense of connection, community, and joy
- Understand how “SHOWING RESPECT” is an important part of this month’s theme, “MONDAY GETS HONORABLE”

**“ I SPEAK TO EVERYONE IN THE SAME WAY, WHETHER HE IS THE GARBAGE MAN OR THE PRESIDENT OF THE UNIVERSITY. ”**

**- ALBERT EINSTEIN**