



WEEK 1



15+
MIN



MONDAY
GETS
HONORABLE

THIS WEEK: BE AUTHENTIC



Students decorate a cereal box with information all about them.



One empty cereal box per student (You may ask students to bring them in or provide the boxes for them); Construction paper for all; Scissors; Glue and/or tape; Pencils or pens; Markers, colored pencils, and/or crayons.

Total Prep Time: 10 mins.



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

4 C's	SOCIAL & EMOTIONAL LEARNING	SERVICE LEARNING
• Critical thinking	• Self-awareness	Integrated learning
• Communication	• Self-management	High quality service
• Collaboration	• Social-awareness	Collaboration
• Creativity	• Relationship skills	Student voice
	• Responsible decision-making	Civic responsibility
		Reflection
		Evaluation

GOALS FOR THE WEEK

- Discover the power, positivity, and pride in being who we are
- Build confidence in being comfortable with our own selves and sharing who we are with others
- Explore how we can create a culture of “AUTHENTICITY” so everyone around us can be themselves, too
- Understand how “BE AUTHENTIC” is an important part of this month’s theme, “MONDAY GETS HONORABLE”



STUDENT ACTIVITY: **“MY SO-CALLED LIFE”**

1) SHARE THE NAME OF THIS ACTIVITY WITH STUDENTS: “MY SO-CALLED LIFE”

2) ASK 1-3 QUESTIONS FROM THE LIST BELOW TO WARM STUDENTS UP ON THE ACTIVITY’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 do you think it means to “BE AUTHENTIC”?**
 - Answer: To be true to one’s own personality, spirit, or character; not false
- **Do you feel proud of who you are?**
 - Why or why not?
- **What are some of the things you are most proud of or like the most about yourself?**
- **What do you think makes you special and stand out from others?**
 - How often do you let this part of you be seen by others?
- **What are some words you would use to describe yourself?**
- **If you had to list some things that make you who you are, what would you include?**
- **Do you think others in your life know the “AUTHENTIC” and real you?**
- **What does it feel like when you are “AUTHENTICALLY” yourself?**
- **Do you ever feel like you can’t be your true self?**
- **Do you think it is important for people to be able to be their true selves all the time?**
 - Why or why not?
- **How is “BEING AUTHENTIC” a way to “GET HONORABLE”?**
- **How can remembering that YOU MATTER help you “BE AUTHENTIC”?**
- **What would your “LIFE” be like if you were more “AUTHENTIC” more often?**

3) SET UP “MY SO-CALLED LIFE” ACTIVITY:

- **Explain:**
 - It’s important to be feel comfortable and proud of who you are in any situation and around anyone
 - When we can “BE AUTHENTIC” and totally ourselves, it benefits us emotionally, mentally, and physically
 - Some people are able to be their complete selves all the time, and some of us don’t feel like we can be
 - It might be because of fear or embarrassment or wanting acceptance
 - Whatever the reason, today we are going to practice “BEING AUTHENTIC” and being proud of who we are
- **Ask:**
 - Can you think of some things that you love about yourself?
 - What are some qualities that make you special?
 - Are you ready to “BE AUTHENTIC” and share those things with others?

4) START THE “MY SO-CALLED LIFE” ACTIVITY:

- **Note:** **If you would like students to provide their own cereal boxes, be sure to ask them to bring them in for the activity. Otherwise, you may provide empty cereal boxes for students**
- **Give each student an empty cereal box, and make scissors, tape, glue, construction paper, markers, colored pencils, crayons, pens, and pencils available for all students**
- **Explain:**
 - A cereal box gives us a pretty good idea of what’s inside
 - There are pictures of the cereal, ingredients (what goes into the cereal), and helpful descriptions
 - Today, we are each going to get crafty and decorate a cereal box that represents us
 - We’ll include pictures of ourselves, our name or a title for the box, and “ingredients” or the different things that go into make us special and ourselves
 - We’ll even include a “helpful description” or story that represents who we are

- **Have students use tape and/or glue to cover their cereal boxes with construction paper**
- **Then, ask them to decorate the box with:**
 - A picture of themselves on the front, whether drawn or a photo that they bring in
 - A title or their name on the front of the box
 - “Ingredients” or the things that make them special and unique on the back of the box (examples of this include kindness, humor, intelligence, playing a musical instrument or sport, hobbies, etc.)
 - On the side of the box, have them write a story from their life, such as a favorite memory, funny story, embarrassing moment, or anything else that they want to share
- **Challenge students to make this cereal box an “AUTHENTIC” representation of who they are, not who they want to be or feel like they should be**
- **Make sure students understand the instructions and ask them to begin**
- **Allow up to 10 minutes for students to work on their “MY SO-CALLED LIFE” cereal boxes**
 - If possible, have students work on this activity throughout the week so they can finish the activity completely. See the Extension Ideas section for some ways to spread out the activity throughout the week
- **When time is up or when students are finished, ask for volunteers to share their cereal boxes with the rest of the class**
- **If possible, display the cereal boxes for a few days so students can look at their classmates’ cereal boxes. Then, have students take their own boxes home to share with their families and friends**

5) AFTER THE ACTIVITY, ASK 1-3 OF THE FOLLOWING QUESTIONS TO HELP STUDENTS REFLECT ON WHAT THEY’VE ACCOMPLISHED AND HOW THEY CAN TAKE THIS FORWARD:

***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 was it like to make something that represents your “AUTHENTIC” and real self?**
- **Did you enjoy thinking of how to decorate your box and what to include on it?**
- **Was it easy or challenging to think of what to include?**
- **What is the most fun thing you included on your box?**
- **Do you feel like your box is a good representation of who you are?**
- **What does it feel like to share who you “AUTHENTICALLY” are on your cereal box?**
- **Are you proud of yourself and who you are?**
- **Do you think this was good practice for “BEING AUTHENTIC” going forward?**
- **What are some ways you will start sharing more about your true and “AUTHENTIC” self?**
- **How is “BEING AUTHENTIC” an “HONORABLE” way to live?**
- **How can remembering that YOU MATTER just as you are help you “BE AUTHENTIC”?**
- **Do you think if more people in our lives, community, and world started “BEING AUTHENTIC” more often there could be a positive impact and change?**

6) THANK STUDENTS FOR CREATING THEIR “SO-CALLED LIFE” CEREAL BOXES TO REPRESENT THEIR TRUE AND “AUTHENTIC” SELVES. ENCOURAGE THEM TO BE PROUD OF WHO THEY ARE, JUST AS THEY ARE.

7) CHALLENGE STUDENTS TO TAKE WHAT THEY LEARNED TODAY AND CARRY IT FORWARD INTO THEIR LIVES, BEING “AUTHENTIC” TO WHO THEY TRULY ARE, AND THEREFORE LIVING AN “HONORABLE” LIFE.

8) CONTINUE EXPLORING HOW TO “BE AUTHENTIC” BY LEADING ONE OR MORE OF THE FOLLOWING EXTENSION ACTIVITIES.



EXTENSION IDEAS:

DO ONE OR MORE OF THESE EXTENSION IDEAS TO BRING THE LESSON FROM 15 MINUTES TO 30 MINUTES OR MORE.

- 1) Extend Throughout the Week:** This lesson can be done over the course of a few days as well as in one sitting, depending on how much time you have. If you would like to spread it over a few days, here is a suggestion of how you can do so:
Day 1: Decorate cereal boxes with construction paper
Day 2: Create the front of the box, including the photo and title
Day 3: Create the back of the box with the “ingredients”
Day 4: Decorate the sides of the boxes with stories and more
Or, you can do a combination of a couple days together. You decide!
- 2) A Cereal Box Display:** Allow students to share their “MY SO-CALLED LIFE” projects with the whole group and set up an area to display them. If you can, revisit these projects in a few months and ask students to reflect on if anything has changed that they would add or make anything different. This can lead to a discussion of self-growth and change.

“PEOPLE SAY YOU ARE GOING THE WRONG WAY WHEN IT’S SIMPLY A WAY OF YOUR OWN.”
- ANGELINA JOLIE