



WEEK 1



MONDAY
GETS
HONORABLE

THIS WEEK: BE AUTHENTIC



No materials required.

Prep Time: 0 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.

WEEKLY KICK-OFF

- 1) **SHARE THIS WEEK'S THEME WITH STUDENTS: "BE AUTHENTIC"**
- 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 "AUTHENTIC" mean?**
 - Answer: True to one's own personality, spirit, or character; not false
- **What does it mean to "BE AUTHENTIC" in your life?**
- **Are you proud of who you are?**
- **What are some ways that you are "AUTHENTIC" in how you live your life?**
- **When and where do you feel like you can "BE AUTHENTIC"?**
- **What does it feel like when you are "AUTHENTIC"?**
- **Have you ever felt like you couldn't be your "AUTHENTIC" self?**
 - What did that feel like?
- **Is "BEING AUTHENTIC" always an easy thing to do?**
 - What can make it challenging?
 - Why is "BEING AUTHENTIC" important to do, even when it is challenging?
- **Are there people that you feel like you can be especially "AUTHENTIC" around?**
 - What does it feel like to be around them?
 - Why can you "BE AUTHENTIC" in their presence?
- **Do you think you make other people feel like they can "BE AUTHENTIC" around you?**
 - What are some ways that you do this?
 - Or, what are some ways that you can do this?

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- Why is it important to “BE AUTHENTIC”?
 - What happens when you can’t “BE AUTHENTICALLY” yourself?
 - How is “BEING AUTHENTIC” related to “GETTING HONORABLE”?
 - How can “BEING AUTHENTIC” help you remember that YOU MATTER, just as you are?
 - How can you “BE AUTHENTIC” and help others understand that they MATTER?
 - What would the world be like if we all “GOT HONORABLE” and were “AUTHENTIC” more often?

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

In life, it’s easy to start living inauthentically. We see someone we admire and we start acting like them. We have an idea of who we “should” be and try to be like that. We feel pressure to be someone different than we are. When all that happens, we can start to lose sight of ourselves. This week, we want you to come back to yourself and BE AUTHENTIC. It’s important to be honest about who we are—to ourselves and to other people. Because when we’re not, it’s exhausting! And, it’s only when we are honest and genuine that we can really connect with others and build relationships. This week, we’ll explore how we can represent ourselves in a genuine and true way. We’ll discover how we can be honorable in our actions while being who we truly are. And we’ll find out how we can share our beliefs, values, and nature with the world—and be proud of exactly who we are. Being authentic matters.

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

• **Explain**

- Many of us want to be our true selves, but it can sometimes feel uncomfortable or scary
- When it feels hard to be who we truly are, it can cause a lot of stress, discomfort, and even pain
- This week, we are going to discover just how important it is to “BE AUTHENTIC” and show our true selves to the people around us, and how we can do so even if it feels scary
- Because just think, if everyone was exactly the same, the world would be a boring place with not a lot of creativity and fun
- We all MATTER and are important exactly as we are, and each of us can bring something different and wonderful to the world around us

• **Ask:**

- Do you think it’s easy to “BE AUTHENTIC” all the time?
- Are you ready to discover the importance of “BEING AUTHENTIC” and some ways we can do so?
- Do you think you can grow and learn more about how you can help others be their own “AUTHENTIC” selves?

5) PRESENT THE WEEKLY GOALS:

- 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”

“SOMETIMES YOU CAN’T SEE YOURSELF CLEARLY UNTIL YOU SEE YOURSELF THROUGH THE EYES OF OTHERS.”
- ELLEN DEGENERES