



WEEK 1



MONDAY
GETS
HONORABLE

THIS WEEK: BE AUTHENTIC



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 “BE AUTHENTIC” week is over, let’s see how we did on our weekly goals

2) RE-SHARE 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”

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 enjoy about “BEING AUTHENTIC” this week?
- What are some ways that you were “AUTHENTIC” this week?
 - Was acting in this way a big change from how you were living before?
- What did you learn about “BEING AUTHENTIC” this week?
- What are some reasons to “BE AUTHENTIC” in all parts of your life?
- Did you enjoy creating a cereal box that represents your “AUTHENTIC” self (the I MATTER activity)?
 - What are some of the things you included on the cereal box?
 - How did it feel to make this cereal box?
- What did you learn or realize about “BEING AUTHENTIC” during the “Words of Authenticity” ball toss (the YOU MATTER activity)?
 - How did this activity inspire you to “BE AUTHENTIC” in your own life and with your words and actions?

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- **What was it like to create a “patchwork quilt” of your own experiences and stories, along with everyone else’s experiences and stories (the WE MATTER activity)?**
 - How does sharing our stories and identities with others help us create a culture and community based on “AUTHENTICITY”?
 - **What did you like best about “BEING AUTHENTIC” this week?**
 - **What is the best thing you learned about yourself this week?**
 - **What are some reasons to “BE AUTHENTIC”?**
 - **Do you think you inspired others to “BE AUTHENTICALLY” themselves this week?**
 - How did you do this?
 - How will you do this going forward?
 - **How will you keep “BEING AUTHENTIC” in your life, even if it’s challenging to do sometimes?**
 - **Do you think “BEING AUTHENTIC” helps your relationships with others?**
 - How so?
 - **How is “BEING AUTHENTIC” related to “GETTING HONORABLE”?**
 - **How can remembering that YOU MATTER, just as you are, help you to “BE AUTHENTIC”?**
 - **How did you show others that they MATTER this week and that they can be their “AUTHENTIC” selves?**
 - **How would things change if everyone was more of their “AUTHENTIC” selves?**
 - How might everyone in the world know how much they MATTER because of it?
- 4) THANK STUDENTS FOR LEARNING MORE ABOUT “AUTHENTICITY” THIS WEEK AND HOW IT HELPS THEM IN THEIR OWN LIVES AND RELATIONSHIPS, AS WELL AS THE WHOLE WORLD. REMIND STUDENTS THAT THEY “MATTER” JUST AS THEY ARE.**
- 5) CHALLENGE STUDENTS TO CONTINUE TO “BE AUTHENTIC” IN THEIR DAILY LIVES AND MAKE CHOICES TO HELP OTHERS FEEL LIKE THEY CAN BE THEIR OWN “AUTHENTIC” SELVES, AS WELL.**

“DON’T EVER DOUBT YOURSELVES OR WASTE A SECOND OF YOUR LIFE. IT’S TOO SHORT AND YOU’RE TOO SPECIAL.”

- ARIANA GRANDE