



MAY



Ability to show students the monthly video (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 HONORABLE"**
- 2) **SHOW STUDENTS THE "MONDAY GETS HONORABLE" VIDEO.**

- The "MONDAY GETS HONORABLE" video can be found at 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 "HONORABLE," what comes to mind?**
- **What does the word "HONORABLE" mean?**
 - Answer: Deserving of respect or high regard; characterized by integrity
- **What are some ways that you can act "HONORABLY"?**
- **How often do you act in an "HONORABLE" way?**
- **Who are some people you know that are very "HONORABLE"?**
 - What makes them "HONORABLE," or what do they do that makes them "HONORABLE"?
- **Do you know anyone who doesn't seem very "HONORABLE"?**
 - What makes them different from the people who are "HONORABLE"?
- **What have you learned from "HONORABLE" people in your life or in the public eye?**
- **What are some reasons to act "HONORABLY"?**
- **Is it always easy to act in an "HONORABLE" way?**
- **Is it worth it to be "HONORABLE" even if it is challenging to do sometimes?**
 - Why or why not?

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- Do you think you can act “HONORABLY” in your life even when others around you are not?
 - Do you think being fully yourself is an “HONORABLE” action?
 - Do you feel comfortable being who you really are often?
 - How is showing respect a way to “GET HONORABLE”?
 - Do you think it’s “HONORABLE” to act with civility or kindness to others?
 - How can “GETTING HONORABLE” show you that YOU MATTER and can make a difference in the world?
 - How can committing to “GETTING HONORABLE” help show others that they MATTER?
 - Do you think that “GETTING HONORABLE” can help create a culture of respect and civility in your community and in the world?
 - How would this show everyone that WE all MATTER?
 - What might the world be like if we all “GOT HONORABLE” more often?
 - How might we all change for the better and help create a world that’s better for everyone in it?

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, May 6 - “BE AUTHENTIC”
- Monday, May 13 - “SHOW RESPECT”
- Monday, May 20 - “BE CIVIL-MINDED”
- Monday, May 27 - “MIND YOUR MANNERS”

7) GET STUDENTS EXCITED ABOUT MAKING MAY ALL ABOUT “MONDAY GETS HONORABLE” AND SEEING HOW A LITTLE RESPECT, INTEGRITY, AND “HONORABILITY” CAN MAKE A HUGE DIFFERENCE IN THEIR LIVES, THE LIVES OF OTHERS, AND IN THE WORLD, BOTH NOW AND IN THE FUTURE.

8) ENJOY THE FIRST WEEK’S THEME AND ACTIVITIES: “BE AUTHENTIC”

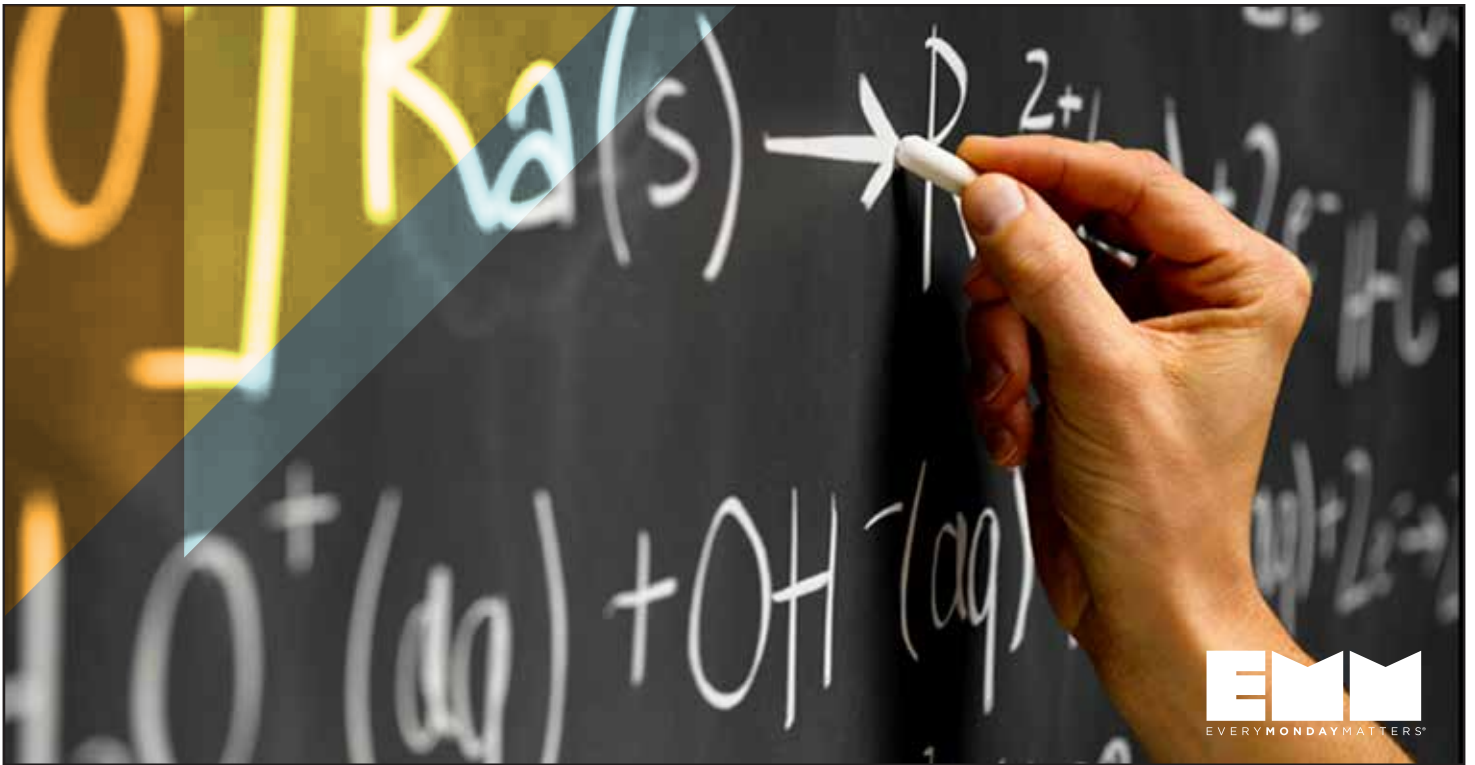


THE SITUATION

Have you ever wondered how you would act if no one was watching? If your parents or guardians weren't around or your teachers weren't leading your classes? Would you always act honorably? Would you help others and be respectful? Would you show that you care about the people around you and live with integrity? Would you make responsible decisions that better the world you live in? Sometimes it seems easier to not live with integrity—to live a life without honor—but we have to ask ourselves if that is helpful to our own lives and to the world. Does living with only ourselves in mind actually make the world a good place to live in? After all, it is a lot of work to learn how to be honorable, to act with care, and to look outside of ourselves. This month, we'll explore what it takes to be honorable in our own lives, and why it's worth it in the first place. Are you ready? Getting honorable matters.

THE CHALLENGE

Being honorable is hard to define in words, which makes sense because being honorable is all about the actions we take. Living an honorable life requires us to make decisions and take actions that are full of integrity and honor. Living an honorable life asks that we prioritize others and the world all around us—not just our own lives and desires. The world is full of people who are honorable and those who are not. This month, we want you to look toward those who are honorable and learn from their actions—not just their words. We want you to decide to live an honorable life and commit to learning what that looks like in real life and real time. We want you to grow into living honorably, and give others someone to look up to. Join us this month as we get honorable.



MONTHLY FACTS

HONORABLE:

- **DESERVING OF RESPECT OR HIGH REGARD: DESERVING OF HONOR**
- **CHARACTERIZED BY INTEGRITY: GUIDED BY A KEEN SENSE OF DUTY AND ETHICAL CONDUCT**

-www.merriam-webster.com

HUMANISTIC PSYCHOLOGISTS WOULD SAY THAT BY DEFINITION, AUTHENTIC PEOPLE POSSESS A NUMBER OF COMMON CHARACTERISTICS THAT SHOW THEY ARE PSYCHOLOGICALLY MATURE AND FULLY FUNCTIONING AS HUMAN BEINGS. THEY...

- 1. HAVE REALISTIC PERCEPTIONS OF REALITY.**
- 2. ARE ACCEPTING OF THEMSELVES AND OF OTHER PEOPLE.**
- 3. ARE THOUGHTFUL.**
- 4. HAVE A NON-HOSTILE SENSE OF HUMOR.**
- 5. ARE ABLE TO EXPRESS THEIR EMOTIONS FREELY AND CLEARLY.**
- 6. ARE OPEN TO LEARNING FROM THEIR MISTAKES.**
- 7. UNDERSTAND THEIR MOTIVATIONS.**

THIS IS WHAT IT MEANS TO BE TRUE TO ONESELF.

-Joseph, Stephen; *7 Qualities of Truly Authentic People*; *Psychology Today*; August 2016

THE FIRST STEP TO AUTHENTICITY IS TO KNOW WHO YOU ARE. TAKE AS MUCH TIME AS YOU NEED TO THINK ABOUT WHAT YOU WANT TO ACCOMPLISH IN YOUR LIFE AND WHAT WOULD MAKE YOU TRULY HAPPY. WHAT ARE YOUR VALUES? BRUSH ASIDE ANY THOUGHTS OF OTHER PEOPLE'S IDEAS OF WHAT MATTERS. YOU HAVE ONE LIFE, AND YOU DON'T WANT TO HAVE ANY REGRETS AT THE END. ONCE YOU KNOW WHAT YOUR VALUES ARE, DECISIONS THAT YOU HAVE TO MAKE BECOME EASIER BECAUSE YOU ARE FREE TO CHOOSE THINGS THAT MOVE YOU CLOSER TO YOUR VALUES. YOUR DECISIONS SHOULD ALMOST MAKE THEMSELVES ONCE YOU KNOW WHO YOU REALLY ARE.

-Galek, Candice; *Be More Authentic to Improve Relationships*; *Chicago Tribune*; January 2018

EACH ONE OF US CAN SHOW OTHERS RESPECT, REGARDLESS OF OUR PERSONAL INTERPRETATION OF THE CONCEPT. ONE EASY WAY TO KNOW WHETHER YOU ARE BEING RESPECTFUL IS TO SIMPLY ASK YOURSELF THIS QUESTION: "HOW WILL WHAT I AM ABOUT TO SAY OR DO MAKE THAT PERSON OR OTHERS FEEL? WILL IT CREATE A POSITIVE REACTION, OR WILL IT EMBARRASS OR POSSIBLY LOWER THE ESTEEM OF THE OTHER PERSON?"

-Williams, Debbie; Respect for Others: The Foundation of Every Relationship; Biz Library; July 2017

RESPECTING YOURSELF MEANS GIVING AND DEFINING YOUR OWN WORTH AND VALUE AS A HUMAN BEING. THINK ABOUT THIS: IF YOU DO NOT RESPECT YOURSELF, IT WILL BE MORE DIFFICULT FOR YOU TO RESPECT ANYONE ELSE. SO IT ALL BEGINS WITH SELF-RESPECT... JUST LIKE WITH YOURSELF, WHEN YOU DEMONSTRATE RESPECT FOR OTHERS, YOU GIVE VALUE TO THEIR BEING AND IDEALS. IN ADDITION, YOU'LL MAKE SOMEONE FEEL GOOD BY GRANTING THEM RESPECT, PROVIDED, OF COURSE, THAT IT'S SOMETHING THAT THEY DESERVE.

-Jackson, Shawn; How to Respect Yourself and Others; Good Choices Good Life, Inc.; 2014

CIVILITY IS ABOUT MORE THAN JUST POLITENESS, ALTHOUGH POLITENESS IS A NECESSARY FIRST STEP. IT IS ABOUT DISAGREEING WITHOUT DISRESPECT, SEEKING COMMON GROUND AS A STARTING POINT FOR DIALOGUE ABOUT DIFFERENCES, LISTENING PAST ONE'S PRECONCEPTIONS, AND TEACHING OTHERS TO DO THE SAME. CIVILITY IS THE HARD WORK OF STAYING PRESENT EVEN WITH THOSE WITH WHOM WE HAVE DEEP-ROOTED AND FIERCE DISAGREEMENTS. IT IS POLITICAL IN THE SENSE THAT IT IS A NECESSARY PREREQUISITE FOR CIVIC ACTION. BUT IT IS POLITICAL, TOO, IN THE SENSE THAT IT IS ABOUT NEGOTIATING INTERPERSONAL POWER SUCH THAT EVERYONE'S VOICE IS HEARD, AND NOBODY'S IS IGNORED. AND CIVILITY BEGINS WITH US.

-What Is Civility?; The Institute for Civility in Government

HAVING PROPER ETIQUETTE IS ESSENTIAL IN ALL ASPECTS OF LIFE IF YOU WANT OTHERS TO RESPECT YOU. HERE ARE SOME OF THE MANY ADVANTAGES OF HAVING GOOD MANNERS:

- 1. BEING NICE AT HOME SETS THE STAGE FOR BETTER BEHAVIOR**
- 2. PROFESSIONAL MANNERS GET POSITIVE ATTENTION**
- 3. BEING KIND TO CUSTOMERS INCREASES SALES**
- 4. BEING POLITE TO YOUR FRIENDS WILL KEEP THEM CALLING**
- 5. ROMANTIC RELATIONSHIPS ARE STRONGER WHEN COUPLES RESPECT EACH OTHER**
- 6. TREATING OTHER PEOPLE WITH RESPECT MAKES THEM WANT TO BE NICE BACK TO YOU**
- 7. DRIVING WITH GOOD MANNERS CAN HELP PREVENT ACCIDENTS**
- 8. OTHERS WILL LISTEN IF YOU GIVE THEM A CHANCE TO SPEAK**
- 9. GOOD SOCIAL ETIQUETTE WILL KEEP YOUR NAME ON THE GUEST LIST**
- 10. KNOWING AND USING PROPER ETIQUETTE REGULARLY CAN HELP WITH CONFIDENCE**

-Mayne, Debby; How You Benefit from Proper Etiquette; The Spruce; March 2019

GOOD MANNERS... ARE A REFLECTION OF THE GOLDEN RULE: IF YOU ARE NICE TO ME, I'LL BE NICE TO YOU. THE GOLDEN RULE EXISTS IN EVERY CULTURE ON THE PLANET. A LIKELY REASON FOR THIS IS OUR HYPERACTIVE CONNECTION CIRCUITRY IN THE BRAIN THAT PROMINENTLY USES THE NEUROCHEMICAL OXYTOCIN. AS I DISCUSS IN THE MORAL MOLECULE, IN A DECADE'S WORTH OF EXPERIMENTS IN THE LABORATORY AND IN THE FIELD, MY COLLEAGUES AND I HAVE FOUND THAT WHEN SOMEONE IS NICE TOWARDS ANOTHER PERSON, THE RECIPIENT'S BRAIN RELEASES OXYTOCIN AND THIS CAUSES HIM OR HER TO RESPOND WITH KINDNESS. OXYTOCIN IS THE EMBODIMENT OF THE GOLDEN RULE.

-Zak, Paul; Why Manners Matter; Psychology Today; July 2012