



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. 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: "VOLUNTEER YOUR TIME"**
- 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 it mean to "VOLUNTEER"?**
 - Answer: "VOLUNTEERING" means giving your time and/or talents to a specific cause without pay
- **Have you ever "VOLUNTEERED" before?**
 - What kinds of things did you do during that time?
 - What was that experience like?
- **Why do you think the world needs "VOLUNTEERS"?**
- **What are some examples of ways to "VOLUNTEER"?**
 - How have you seen these examples in action?
- **How can you tell if your efforts in "VOLUNTEERING" have been successful or not?**
- **Do you think "VOLUNTEERING" always needs to be big and visible?**
 - Why or why not?
- **What do you think are some reasons people choose to "VOLUNTEER"?**
 - Are all these reasons genuine?
- **What is the difference between someone "VOLUNTEERING" for their own ego and "VOLUNTEERING" for altruistic reasons?**
 - Note: 'Altruistic' means doing something completely unselfishly and without thought for oneself
- **How do you personally feel about "VOLUNTEERING"?**

- What are some talents you have that would aid you in being a helpful “VOLUNTEER”?
- How could “VOLUNTEERING” on a regular basis help you to grow and develop new skills?
- In what ways does being a “VOLUNTEER” help us to “ENGAGE” with the world around us?
- How did learning about your community’s needs last week (during “KNOW THE NEED” week) help prepare you to “VOLUNTEER” this week?
- How can becoming a regular “VOLUNTEER” help others to know deeply that they MATTER?
- How can “VOLUNTEERING” be a way to help you remember that YOU MATTER?
- What would the world be like if everyone “ENGAGED” with others more and “VOLUNTEERED” more often?
- How might it help create a world where everyone knows that WE all MATTER?

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

We spent last week getting to know our community even better by engaging with others and discovering what the true needs are all around us. This week, we’re using our knowledge to help us decide how we want to get involved and make our community, our relationships, and our world better. How are we doing this? Through the magical act of volunteering. That’s right, this week we want you to VOLUNTEER YOUR TIME, and discover how you can really do good. Volunteering is a great way to support your community and the people in it. But volunteering doesn’t have to be this big, grand act. It also doesn’t have to be boring. This week, we want you to think about what you care about, what you’re passionate about, and how you want to grow as a person. Then, discover how you can volunteer with those things in mind. Contribute to the community and to others in a meaningful and powerful way while making a lasting impact. And remember that while volunteering can make a huge difference in other people’s lives and in the community around you, it can also help you find yourself and grow in new and exciting ways. This week, give the ultimate gift of your time. Volunteering your time matters.

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

- **Explain:**
 - Usually when we think about “VOLUNTEERING”, big things come to mind, like traveling abroad, building homes for the homeless, or caring for refugee families
 - While those are valuable and powerful acts, they are not the only ways we can “VOLUNTEER” for others
 - In fact, “VOLUNTEERING” doesn’t have to be something big at all
 - Everyone has something valuable to contribute to their community, neighbors, friends, or the world
 - Whatever skills you have right now, right this very second, are good enough for you to “VOLUNTEER”
 - Only an average of 3 out of 10 people consistently “VOLUNTEER” in their community
 - This week, we’re going to change those stats by “VOLUNTEERING OUR TIME”
 - “VOLUNTEERING” is all about identifying something you love or are passionate about, and finding a cause that serves that purpose
 - We should seek to find “VOLUNTEER” opportunities that inspire and excite us
 - Usually people burn out from “VOLUNTEERING” because of two things: Choosing something that is too big or challenging, and choosing something that doesn’t challenge them enough
 - The ideal “VOLUNTEER” opportunity is something that we feel comfortable about, but that still helps us to grow our skill set and talents
 - Whatever “VOLUNTEER” opportunity suits you best, just remember: We “VOLUNTEER” to make the world a better place, not just to make ourselves feel better
 - Every interaction while “VOLUNTEERING” should lead to greater “ENGAGEMENT” with noble causes and with others

- **Ask:**

- What are some ideas you have for places or ways you might personally “VOLUNTEER?”
- Are you excited to learn about some ways you can truly impact others and your community through “VOLUNTEERING” this week?

5) PRESENT THE WEEKLY GOALS:

- Discover personal traits and strengths that contribute to making the lives of others better
- Identify various ways to serve in local and global causes, and put these ideas into action
- Recognize how to lift others through long-term solutions based on real need
- Understand how “VOLUNTEER YOUR TIME” is an important part of this month’s theme, “MONDAY GETS ENGAGED”

“ THE GREATEST GIFT YOU CAN GIVE SOMEONE IS YOUR TIME, BECAUSE WHEN YOU GIVE YOUR TIME, YOU ARE GIVING A PORTION OF YOUR LIFE THAT YOU WILL NEVER GET BACK. ”

- RICK WARREN