



No materials required.

Prep Time: 0 mins.



As this is the first Monday of the month, please consider sharing or re-sharing highlights from the Monthly Kick-Off, and if appropriate, monthly video.

WEEKLY KICK-OFF

- 1) **SHARE THIS WEEK'S THEME WITH STUDENTS: "SIMPLIFY YOUR LIFE"**
- 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 "SIMPLIFY" mean?**
 - Answer: To make something less complicated
- **What do you think it means to "SIMPLIFY YOUR LIFE"?**
- **On a scale of one to ten, how "SIMPLE" would you say "YOUR LIFE" is right now?**
- **What are some things in "YOUR LIFE" that are "SIMPLE" or uncomplicated?**
 - How does that "SIMPLICITY" make you feel?
 - How could you make more parts of "YOUR LIFE" that way?
- **Which parts of "YOUR LIFE" are more complicated or that you spend more time on?**
- **What are some actions you could take to "SIMPLIFY YOUR LIFE"?**
- **What do you think it means to have "BALANCE" in "YOUR LIFE"?**
- **What are some different parts of your life that you could "BALANCE" better?**
- **What actions are you taking now (or could you take) to make sure your life has great "BALANCE"?**
- **Who do you know that seems to have an especially "BALANCED" and "SIMPLE" "LIFE"?**
 - What do you think makes them that way?
 - What things are they doing to accomplish that "BALANCE" and "SIMPLICITY"?
 - What is it like to be around that person?
 - Does that person inspire you in any way? How so?

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- In what ways does “SIMPLIFYING YOUR LIFE” now lead to a better, more productive future?
 - How can “SIMPLIFYING YOUR LIFE” help you appreciate and savor the present?
 - Why is “SIMPLIFYING YOUR LIFE” important in bringing “BALANCE” to it?
 - How can learning to “SIMPLIFY YOUR LIFE” let you see the parts of “YOUR LIFE” that MATTER most?
 - How can “SIMPLIFYING YOUR LIFE” help you remember that you and your time MATTER?
 - Do you think “SIMPLIFYING YOUR LIFE” can help you build stronger relationships that show others that they MATTER?
 - How so?
 - What would the world be like if we all tried to be more “BALANCED” and “SIMPLE” going forward?
 - How might we all remember that WE MATTER?

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

Simplifying your life is a big part of finding balance. And simplifying your life can actually be, well, simple! This week, we’re taking our first step toward finding balance and SIMPLIFYING OUR LIVES. Simplifying doesn’t mean you have to throw everything out. It means that we figure out what our priorities are, or the things that are most important to us and the things that bring us joy. Once we know what those things are, everything else gets less important and our lives—just like that—become simpler. This week, we’ll spend time looking at what we can let go of in our lives, and what we want to hold onto. And, we’ll remember that letting go of things—whether they’re belongings, relationships, habits, or behaviors—is a natural and super healthy part of life. This week, we’ll focus on the joy we get from simplifying and working toward balance. You can do it! Simplifying your life matters.

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

• **Explain:**

- It seems like now, more than ever, we are a culture on the go
- We rarely give ourselves time to breathe between one activity and the next
- Extracurricular activities, lessons, practices, service opportunities, time with friends, and more can leave us with little time in our day
- Sometimes that can lead to our lives being pretty complicated or busy, and often without us even realizing the extent of it
- Once in a while, it’s nice to just step back, prioritize, and “SIMPLIFY OUR LIVES”
- When you “SIMPLIFY YOUR LIFE”, you decide what’s most important and what brings you the most joy, and you leave the rest behind
- And if we’re being honest, we could all use a bit more “BALANCE” in our lives
- When we “BALANCE” our lives and start to “SIMPLIFY”, it becomes a lot easier to remember that we and other people MATTER

• **Ask:**

- What is something you can do, starting today, to bring more “BALANCE” and “SIMPLICITY” to “YOUR LIFE”?

5) PRESENT THE WEEKLY GOALS:

- Learn what it means to prioritize time, hobbies, and activities in a way that brings overall “BALANCE” to life
- Discover which parts of our lives bring the most joy and which parts we can “SIMPLIFY” or leave behind
- Identify how living a “SIMPLIFIED” lifestyle can contribute to our creativity
- Understand how “SIMPLIFY YOUR LIFE” is an important part of this month’s theme, “MONDAY GETS BALANCED”

**“OUR LIFE IS FRITTERED AWAY BY DETAIL.
SIMPLIFY, SIMPLIFY”**
- HENRY DAVID THOREAU