



WEEK 1

15  
MIN



MONDAY  
GETS  
BALANCED

THIS WEEK: SIMPLIFY YOUR LIFE



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 “SIMPLIFY YOUR LIFE” week is over, let's see how we did on our weekly goals

### 2) RE-SHARE 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”

### 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 like best about “SIMPLY YOUR LIFE” week and why?
- What actions have you been able to take this week in order to “SIMPLIFY YOUR LIFE”?
- Do you feel like “SIMPLIFYING YOUR LIFE” is something that comes easily, or do you think it takes time?
- How will you keep “SIMPLIFYING YOUR LIFE” after this week?
- What are some reasons for you to “SIMPLIFY YOUR LIFE”?
- Who could you partner with in an effort to “BALANCE” and “SIMPLIFY YOUR LIFE”?
  - What friend, family member, or community member could you do the important work of “SIMPLIFYING YOUR LIFE” with?

- **What is one thing in your life that, before this week, was crowding out room for positive relationships?**
  - **How have you been able to see “YOUR LIFE” in a new light this week?**
  - **What was it like to slow down and create something with “SIMPLE” materials (the I MATTER activity)?**
    - What did you learn about boredom from this activity?
    - Will you make an effort to get bored in the future, or “SIMPLY” slow down so you can breathe and create a little bit better?
  - **Did you enjoy looking at how you spend your time and creating pie charts to understand it better (the YOU MATTER activity)?**
    - What did you learn about how you spend your time and how you can “SIMPLIFY” and “BALANCE” your life going forward?
  - **Did you have fun planning your swap meet and learning about Marie Kondo (the WE MATTER activity)?**
    - How does Marie Kondo’s method of sparking joy help you “SIMPLIFY YOUR LIFE”?
    - If you had your swap meet already, are you proud of how it went?
    - If you haven’t had your swap meet, are you excited to host this activity in your community?
  - **What activity or discussion from this week most helped you to see your worth, and that YOU truly MATTER?**
  - **What things or changes have you noticed as you’ve made efforts to “SIMPLIFY YOUR LIFE”?**
  - **What are some challenges we face when trying to achieve “BALANCE”?**
    - How can we face and overcome those challenges?
  - **Now that you have learned a bit about “SIMPLIFYING YOUR” own “LIFE”, how can you help others do the same?**
  - **What will you share with others about this week?**
  - **What are some things that can happen when we take time to “BALANCE” our “LIVES”?**
  - **What are your final thoughts about “SIMPLIFY YOUR LIFE” week?**
  - **How can “SIMPLIFYING YOUR LIFE” help you bring “BALANCE”?**
  - **How will “SIMPLIFYING YOUR LIFE” help you remember that YOU MATTER?**
  - **How can making “YOUR LIFE SIMPLER” help you prioritize relationships, showing others that they MATTER?**
  - **What would the world be like if we all remembered that WE MATTER and “SIMPLIFIED OUR LIVES” more often?**
- 4) THANK STUDENTS FOR MAKING EFFORTS TO REDUCE THE BUSYNESS THAT SURROUNDS DAILY “LIFE” AND JUST “SIMPLIFY”. REMIND THEM THAT WHEN WE “SIMPLIFY”, WE NATURALLY NOTICE OTHERS AND THEIR NEEDS MORE, AND WE APPRECIATE THOSE AROUND US MORE.**
- 5) CHALLENGE STUDENTS TO STRIVE FOR A “SIMPLE” ENOUGH “LIFE” THAT THEY CAN ALWAYS MAKE ROOM FOR FRIENDS, FAMILY, AND PEOPLE IN NEED, AND TO FIND OTHER WAYS TO “BALANCE” THEIR TIME THIS MONTH.**

**“ DECIDE TO GO FROM MINDFULL TO MINDFUL.  
IT’S TIME TO SIMPLIFY YOUR LIFE. ”**

**- ROXANA JONES**