



Students have a mini Marie Kondo session and plan a swap meet in their area for gently used clothing and toys.



Posterboard or large flipchart paper; Dark permanent marker.
Total Prep Time: 5 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.

Educator's Note: Some students may not be able to provide anything for the "SWAP MEET" because of personal circumstances, and may assist in other ways to promote and make it a success.

4 C's	SOCIAL & EMOTIONAL LEARNING	SERVICE LEARNING
● Critical thinking	● Self-awareness	● Integrated learning
● Communication	● Self-management	● High quality service
● Collaboration	● Social-awareness	● Collaboration
● Creativity	● Relationship skills	● Student voice
	● Responsible decision-making	● Civic responsibility
		● Reflection
		● Evaluation

GOALS FOR THE WEEK

- 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"



STUDENT ACTIVITY: **“SWAP MEET”**

- 1) SHARE THE NAME OF THIS ACTIVITY WITH STUDENTS: “SWAP MEET”**
- 2) ASK 1-3 QUESTIONS FROM THE LIST BELOW TO WARM STUDENTS UP ON THE ACTIVITY’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 was the last time you outgrew something you liked to wear?**
 - What did you do with that piece of clothing?
 - Did you donate it?
 - If you did, was it hard to give that item up, even though you knew it didn’t fit anymore?
 - How do you feel about donating clothes, toys, or other items?
- **What are some things you own, but don’t really use a lot?**
- **Why do you think we sometimes keep things that we don’t use?**
- **If someone donated something to you, like an outfit or a game, what condition would you want it to be in?**
 - What does that tell us about the things we donate or share with others?
- **What are the benefits of donating items we no longer need, but are still in good condition, instead of just throwing them out?**
 - In what ways are others benefited?
 - In what ways are we benefited?
- **How does owning only what you need help you to “SIMPLIFY YOUR LIFE”?**
- **How could getting rid of unused items help bring “BALANCE” to “YOUR LIFE” and living space?**
- **What is a “SWAP MEET”?**
 - Answer: When you “SWAP” something, you trade items that are worth roughly the same amount, so a “SWAP MEET” is where lots of people bring items and trade or “SWAP” them. Instead of paying with money, you “pay” with another item that has about the same value as what you want
- **How might buying gently used items at a thrift store, “SWAP MEET”, or in other inexpensive ways help your family or community?**
- **How would hosting a “SWAP MEET” for people in our community show them that WE MATTER, no matter our income or position in life?**

- 3) SET UP THE “SWAP MEET” ACTIVITY:**

- **Explain:**
 - Since this week is all about “SIMPLIFYING”, we’re going to get down to business about one thing: Extra stuff
 - Many of us have it, whether it’s a pair of pants that fit us two years ago but doesn’t anymore, or a toy we played with that has been collecting dust for who knows how long
 - Sometimes these things are hard to let go of, even if it does mean our “LIFE” gets more “BALANCED” and “SIMPLER”
 - But the good news is, you don’t just have to toss these items in the garbage
 - Not only would that be really trashy for the environment (literally), it would also make those items useless to others
 - And some of our stuff still has a lot of good use in it
 - For example, if you have older siblings, you’ve likely shared clothes or gotten the clothes that they outgrew over the years

- **Continue:**

- It can be difficult to know what to keep and what to pass on to someone else, and that's where our friend Marie Kondo comes in
- Marie Kondo is a tidying expert who helps people feel joy and peace in their living spaces
- Her recommendations for whether to keep something or give it away is this: Does this item spark joy?
- She doesn't just mean, "Do I like the way it looks," but "Do I really feel joy wearing it? Do I feel like my best self using or wearing it, or can someone else use it now?"
- She then says that we should thank the item for its use to us and gently place it in a pile to donate
- If clothes are not in good enough condition to donate, consider (with permission) cutting them to make smaller items like washcloths, doll clothes, quilt squares, or hats for babies in hospitals
- **Ask:**
- Are you ready to discover how you can use Marie Kondo's method to figure out how you can "SIMPLIFY YOUR LIFE"?

4) START THE "SWAP MEET" ACTIVITY:

- **Explain:**

- This week, we'll be planning a "SWAP MEET" for our community with items we can donate
- A "SWAP MEET" is an event where lots of people bring items and trade or "SWAP" them
- Instead of paying with money at a "SWAP MEET", you "pay" with another item that has about the same value as what you want
- Today we'll be brainstorming the details of our "SWAP MEET", and tonight you'll start finding things you can bring to the "SWAP MEET"
- Once you get home today, you can use the Marie Kondo method to determine if you have anything you could donate to our "SWAP MEET", and what those items will be
- If you don't have anything to donate, it's okay, other members of your family might, or you can help out at the "SWAP MEET" in other ways
- Be sure to check with a trusted adult before donating anything to the "SWAP MEET"

- **Brainstorm a space you could hold your "SWAP MEET", whether at your program site or somewhere else nearby**

- **Hang a piece of posterboard or flipchart paper and draw a picture of the room you will hold the "SWAP MEET" in (to the best of your ability)**

- **Brainstorm with students about how many tables they want to use for the "SWAP MEET" and what sizes, how they will organize the donated items, and who people can talk to at the event when they'd like to "SWAP" an item**

- Label all these things on the drawing or diagram of the room to help students visualize the event

- **Then, figure out a time and date to hold your "SWAP MEET" that doesn't conflict with other local activities and that would best serve families and individuals in your area**

- **After doing the initial brainstorm, have students form small groups to discuss details like promotion (physical signs, digital invites, newspaper clips, etc.), set up, tear down, staffing the event, and anything else helpful and necessary**

- Be sure that any promotional signs encourage participants to donate items of their own
- Remind students that not everyone who comes to the "SWAP MEET" will have something to trade, and to be sensitive to those situations if they come up

- **Allow up to 10 minutes to brainstorm the "SWAP MEET" as a class and in smaller groups**

- **When time is up, let students share what their additional ideas were in their small groups**

- **Work with students throughout the week to plan and set up for their "SWAP MEET", and support them as they hold it in their community**

- For additional ideas on how to do this, see the Extension Ideas section below

5) AFTER THE ACTIVITY, ASK 1-3 OF THE FOLLOWING QUESTIONS TO HELP STUDENTS REFLECT ON WHAT THEY'VE ACCOMPLISHED AND HOW THEY CAN TAKE THIS FORWARD:

***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.*

- How do you feel about the Marie Kondo method we learned today?
- Why do you think Marie Kondo encourages people to thank the item they used before giving it away?
- How can that attitude of gratitude bring “BALANCE” into our lives?
- How will you apply the Marie Kondo method to your decisions for the “SWAP MEET”?
- How do you think the “SWAP MEET” will serve the members of our community?
- What are your feelings on our plans for the “SWAP MEET”?
- Do you have any additional ideas you'd like to express?
- Do you think you'll have an easier time donating items now that we have learned about Marie Kondo?
- What was the best part, for you, about planning our “SWAP MEET”?
- How will we make our “SWAP MEET” a success for our families and community?
- What are some potential issues or challenges we might face as we continue to plan and hold our “SWAP MEET”?
- What are some solutions or ideas you have for resolving those issues?
- How could you teach the community about “SIMPLIFYING” their lives during your “SWAP MEET”?
- How could you teach them about “BALANCE”?
- How will you ensure that people know that WE MATTER through this activity?
- How will you show them they MATTER through your actions and attitude at the “SWAP MEET”?

6) THANK STUDENTS FOR PARTICIPATING IN PLANNING A COMMUNITY “SWAP MEET”. REMIND THEM THAT DONATIONS CAN HELP EVERYONE INVOLVED, BY HELPING US LET GO OF THINGS THAT DON'T SPARK JOY FOR US, AND LETTING THEM SPARK JOY FOR SOMEONE ELSE.

7) CHALLENGE STUDENTS TO FOLLOW THROUGH ON THEIR PLANS TO HOLD THEIR “SWAP MEET”, AND TO FIND (IF POSSIBLE) A FEW ITEMS FOR DONATION AT THAT EVENT. REMIND THEM TO ALWAYS CHECK WITH A TRUSTED ADULT BEFORE DONATING ANY ITEMS.

8) CONTINUE EXPLORING HOW TO RUN A SUCCESSFUL “SWAP MEET” BY LEADING ONE OR MORE OF THE FOLLOWING EXTENSION ACTIVITIES.



EXTENSION IDEAS:

DO ONE OR MORE OF THESE EXTENSION IDEAS TO BRING THE LESSON FROM 15 MINUTES TO 30 MINUTES OR MORE.

- 1) Do the Swap Meet:** Work with students throughout the week to prepare for the “SWAP MEET” and hold it when the time comes. Support them as helpful and necessary, and bring other community members in to help as possible, as well. After the “SWAP MEET”, make time to reflect with students on how it went and what they would do differently next time. Donate any leftover items to a local community center or nonprofit (see “Community Donations” below for some ideas).
- 2) Promotional Items:** Work throughout the week together to make promotional items for your “SWAP MEET”, such as digital invites, posters, etc., and place them around your community.
- 3) More Marie Kondo:** Watch a short clip of Marie Kondo’s method (<https://www.youtube.com/watch?v=WvyeapVBLWY> and <https://youtu.be/TXzcmr2WcDA>), and let students see what she means by “sparking joy”. Let them try folding in her method with shirts brought by leaders or from home.
- 4) Local Specialist:** Invite an organization specialist to your site to share with students how to “SIMPLIFY” their space and keep it tidy.
- 5) Community Donations:** Brainstorm with students how else they could share with those that may have needs for clothing, toys, or other items, and how they could start collecting and organizing those items. Some possible locations for donations are crisis shelters, homeless shelters, international agencies, and disaster relief organizations. Remember that before collecting donations, it’s helpful to contact someone from the organization to see what is needed most.

**“SIMPLICITY BOILS DOWN TO TWO STEPS:
IDENTIFY THE ESSENTIAL. ELIMINATE
THE REST.”**
- LEO BABAUTA