



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: "FUEL YOUR PASSIONS"**
- 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 "PASSIONS" mean when it comes to hobbies or talents?**
 - Answer: It means you are excited and/or enthusiastic about a particular activity or subject
- **What does the word "FUEL" mean?**
 - Answer: To supply or feed something
- **What do you think it means to "FUEL YOUR PASSIONS"?**
 - Possible answer: To find something you want to do that excites you, and to keep that hobby or interest alive
- **What are some "PASSIONS" that you have had throughout your life?**
- **What are some "PASSIONS" or interests that you have given up over time?**
 - What do you think caused you to give it up in the first place?
 - Which of these would you like to try again?
 - How will you overcome obstacles to start over with this "PASSION" or interest?
- **What is something that you have always wanted to do, but haven't known how to start?**
 - Why does this particular "PASSION" inspire or excite you?
 - Who could you talk to in order to build your confidence and abilities for that "PASSION"?
 - What are some resources you could use in order to get new ideas or "FUEL" old ideas?

- What does the “FUEL” part of “FUEL YOUR PASSIONS” mean to you?
- How might “YOUR PASSIONS” differ from the interests or “PASSIONS” of someone else?
- How can we support others in pursuing and “FUELING” their own “PASSIONS”?
- Why do our efforts to pursue our own “PASSIONS” MATTER?
- How can “FUELING OUR PASSIONS” help us remember that WE MATTER?
- How can “FUELING OUR PASSIONS” help us to find “BALANCE” in our lives?
- What would your life be like if you “FUELED YOUR PASSIONS” more often?

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

What are you passionate about? We’re not asking what you think you’re supposed to be passionate about or the things that you think you should do in life. What are the things that make you stay up late at night because you’re so excited? What fills you with so much joy you could burst? What would you rather spend your time on than anything else in the world? We don’t always have a ton of time for these things, but part of a balanced life is making time for the things that make us come alive. This week, we’re going to start really FUELING OUR PASSIONS. We’ll spend time feeling and reflecting on the things that we’re passionate about and the things we want to give priority to. We’ll discover how we can feel and fuel those passions while we balance everything else in our lives. And we’ll remember that our passions can change over time, and we don’t have to have one final answer about what we’re passionate about now. This week, we’re starting the process of discovery and development. Fueling your passions matters.

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

• Explain:

- At one point or another, it’s likely that most of us have had an interest or hobby that seemed like an obsession to us
- We wanted to devote all of our time to that activity, and keep at it until it was just how we wanted
- “PASSIONS” can be like that sometimes
- And “PASSIONS” come in many forms
- They can be self-focused, like a personal talent or interest
- Or they can be others-focused, like a volunteer activity that you love to do, or a group you want to form in order to help those around you
- Whatever our “PASSION” is, it needs our attention and energy
- But just like anything else, if we find ourselves devoting all our time to only that “PASSION”, other things in our life will inevitably fall out of “BALANCE”
- So this week, we’ll work on “FUELING” the “PASSIONS” that live within us while still making sure that other, equally important things get our attention and time, too

• Ask:

- What is something that you’re “PASSIONATE” about?
- How can you make sure your “PASSIONS” are “BALANCED” with other important things in your life?

5) PRESENT THE WEEKLY GOALS:

- Discover what “PASSIONS” we have individually and use them to serve a broader purpose
- Identify characteristics of those who live their lives joyfully and “PASSIONATELY”, and build those characteristics in our own lives
- Learn and practice enthusiasm and “BALANCE” in our own lives
- Understand how “FUEL YOUR PASSIONS” is an important part of this month’s theme, “MONDAY GETS BALANCED”

**“RESPOND TO EVERY CALL THAT
IGNITES YOUR SPIRIT.”**

- RUMI