



Students discover how they can master their “PASSIONS” through dedication.



Copies of the “10,000 Hours” Handout, one per student; Pencils or pens.
Total Prep Time: 5 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.

Educator’s Note: This activity is best used for students who have a middle-school reading level, but can be adjusted to work for younger students. See the “For Younger Students” activity in the Extension Ideas section for ideas.

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

- 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”



STUDENT ACTIVITY: "10,000 HOURS"

- 1) **SHARE THE NAME OF THIS ACTIVITY WITH STUDENTS: "10,000 HOURS"**
- 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.*

- **What is something that you're really "PASSIONATE" about and also really good at?**
 - What did it take for you to become good at that thing?
 - How often do you practice or spend time on this habit, interest, or skill?
- **Is there anything that you're "PASSIONATE" about but don't feel like you've mastered yet?**
 - What is it?
 - What do you think it will take to become a master at it?
 - How can you be "BALANCED" and patient with yourself as you work to become better?
- **Who are some people, whether in your own life or from history, that have become masters at something they are or were "PASSIONATE" about?**
 - How does the work they've accomplished impact the world?
 - Do you think they were born good at what they did, had to practice at it, or both?
 - What does their example teach you about your own potential for impacting the world?
- **How long do you think it takes to learn a new skill?**
 - Answer: It takes about 20 "HOURS" of research and practice to gain a new skill
- **How long do you think it takes to become an expert at a skill?**
 - Answer: It has been said that it takes about "10,000 HOURS" to become an expert or master at a certain skill
- **If you wanted to become an expert at something, when do you think you would need to start?**
- **What kinds of certifications, lessons, or training might you need in order to become an expert at what you're "PASSIONATE" about?**
- **Have you ever wanted to learn how to do something or know a certain subject, but burned out before you reached your goal?**
- **How can setting small, incremental goals help you to achieve your big picture goal and stay "BALANCED" at the same time?**
- **How would becoming an expert at something you're "PASSIONATE" about tell the world, WE MATTER and so do our "PASSIONS"?**

- 3) **SET UP THE "10,000 HOURS" ACTIVITY:**

- **Explain:**
 - Each of us was born with a unique set of skills and talents
 - Some people have a natural ability to perform or write music, for example
 - Or there may be a subject at school that seems to come more easily for you
 - But even if you have an innate ability to do something well, you can only become a master at it if you practice
 - A man named Malcolm Gladwell wrote a book about this called "Outliers"
 - In it, he says that it takes about "10,000 HOURS" to become an expert at something
 - People like Mozart, Bill Gates, Bill Joy (who was also instrumental in computer coding and advancement), and the Beatles all spent about "10,000 HOURS" mastering their different crafts
 - And we can see that their efforts had a huge effect on society
 - We have that same potential; after all, each of the people mentioned were once kids in elementary, middle, or high school, just like you
 - And we don't serve the world by living small

- So whether you want to become an amazing cook, know all there is to know about space, be an expert memorizer, or any other amazing “PASSION”, it starts with your willingness right now
- **Continue:**
- “10,000 HOURS” is obviously a huge time commitment, so in order to not get overwhelmed by that number, today we’ll focus on the first 20 “HOURS”
- We’ll learn how we can make each “HOUR” count and how we can become an expert at something that we’re “PASSIONATE” about
- And even if you make it to 100 “HOURS” or 2,000 “HOURS”, that’s much better than zero “HOURS”
- And even if you don’t ultimately achieve exactly what you set out to do, you may find new interests or talents in the meantime that fit your personality and gifts better
- **Ask:**
- What would you like to spend the first 20 “HOURS” of your “10,000 HOURS” learning about or doing?

4) START THE “10,000 HOURS” ACTIVITY:

- **Distribute one copy of the first page of the “10,000 Hours” Handout to each student**
- **Let students popcorn read each bullet point on the “Ways to Make My ‘10,000 HOURS’ a Success” page**
- For younger students, read each bullet point and explain it simply for them
- **Then, give each student a copy of the “Ideas for My ‘10,000 HOURS” page**
- **Let them review the page and circle anything that sounds interesting to them, or add their own ideas on the back of the page**
- **Explain:**
- You all have something that you can succeed at and be “PASSIONATE” about
- For the next 4 weeks, you’ll spend 20 “HOURS” total on something you’re “PASSIONATE” about
- This can be a skill you already know how to do but want to improve, or it can be something completely new that catches your interest
- Make sure you write down what you did and how long you did it for
- Make it fun and something you really enjoy doing
- Then, we’ll get together and teach each other about the new skill we learned and determine whether it’s something you want to spend your “10,000 HOURS” on
- **Send students home with both pages of the handout and challenge them to decide on what they will spend 20 “HOURS” total doing and will bring back to the rest of the class**
- **Over the next 4 weeks, check in with students on their “PASSION” project to see how it’s going. Then, at the end of the 4 weeks, have students share out with each other and, if possible, teach each other what they’ve learned**

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.*

- **What are your immediate thoughts, feelings, or reactions about skills taking “10,000 HOURS” to master?**
- **How might you break down your “PASSIONS” into smaller steps?**
- **How could you find a trusted mentor to help you learn and live your “PASSIONS”?**
- How often would you be accountable to that mentor?
- **What specific things about your “PASSIONS” could change the world we live in?**
- **What was one new thing you learned today?**
- **How will you keep your “PASSIONS” and interests fun and exciting over time?**
- **If you succeeded at your “10,000 HOURS”, what might your life look like compared to today?**
- How might you feel when you accomplish that goal?
- Do you think you would stop at “10,000 HOURS”, or keep going?

- Do you think sticking to a certain talent or hobby will help you to feel more purpose or direction?
 - In what ways?
- How have you learned that WE MATTER today?
- How does finding and committing to something you're "PASSIONATE" about give your life "BALANCE"?

- 6) **THANK STUDENTS FOR PARTICIPATING IN THE DISCUSSION ABOUT "10,000 HOURS". REMIND THEM THAT 'THE JOURNEY OF A THOUSAND MILES BEGINS WITH A SINGLE STEP', AND THAT TODAY IS THE FIRST STEP OF THEIR "10,000 HOUR" JOURNEY. REMIND THEM THAT WHEN THEY DECIDE TO LIVE LARGE AND COMMIT TO "FUELING THEIR PASSIONS", THEY ARE CHOOSING TO MAKE A HUGE IMPACT ON THE WORLD.**
- 7) **CHALLENGE STUDENTS TO COMMIT TO AND FOLLOW THROUGH WITH THEIR INITIAL 20 "HOUR" GOAL. FOLLOW UP WITH STUDENTS IN 4 WEEKS TO SEE HOW THEIR 20 "HOURS" WENT AND HOW THEY WILL CONTINUE ON TOWARD THEIR "10,000 HOURS" IN THE FUTURE.**
- 8) **CONTINUE EXPLORING HOW TO LIVE A "PASSION"-FILLED LIFE BY LEADING ONE OR MORE OF THE FOLLOWING EXTENSION IDEAS.**



EXTENSION IDEAS:

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

- 1) **For Younger Students:** For younger students, read each bullet point of the "Ways to Make My '10,000 HOURS' a Success" page and explain it simply to them. Then, have them draw pictures of each point.
- 2) **Vision Boards:** After students have decided on something they are "PASSIONATE" about, let them make a vision board with their ideas, not only of what they will do, but how they will do it. Invite them to set specific goal dates and to find a buddy or trusted adult to be accountable to.
- 3) **Begin Now:** Now that students have decided on what they'll do for their first 20 "HOURS", make time for them to spend the first "HOUR" either practicing or learning about their new skill. This is a good time to find a mentor and learn the basics about what it will take to master their new skill.
- 4) **Student Share Night:** After the 20 "HOURS" have been completed by students, have a student share night with parents and families where students can teach the new skills they have learned.
- 5) **Guest Speaker:** Invite someone from your community to speak at your school who has achieved a lot through hard work, talent, and integrity. Let the students ask questions based on the handout, like who that person's mentor was, how they practiced, what were the most important skills they learned, etc.
- 6) **Creativity and Persistence:** Watch the following video about creativity and persistence with students, and discuss what it means to them: <https://vimeo.com/85040589>.

“EVERYBODY HAS THE WILL TO WIN; FEW PEOPLE HAVE THE WILL TO PREPARE TO WIN.”

- BOBBY KNIGHT



WAYS TO MAKE MY 10,000 HOURS A SUCCESS:

- **MAKE THE COMMITMENT:** Ask yourself honestly, “How long do I plan on doing this?” Committing in advance to doing something long-term makes all the difference. People who committed to doing something long-term progressed faster than those who didn’t. In fact, they did 400% better.
- **FIND A MENTOR:** Find someone who is already amazing at what you are passionate about and get more knowledge from or practice with that person. Find a support group that believes in your dream and vision. Be willing to accept criticism, because it will make you better in the long run. And don’t be afraid of pushing back *yourself*, either. If there’s something you have questions about, question it. Ask for bigger challenges if you need them.
- **START WITH WHAT’S IMPORTANT:** While it’s important to get the basics of any skill down, it is also very helpful to know and learn the trickier aspects of what you want to do. If you’re playing chess, learn what moves will win most of the time. If you’re learning a new language, focus on conversational speech, and learn the words from there.
- **TRAIN LIKE YOU FIGHT:** This means that you practice as if it’s the real thing. If you’re doing a speech in front of a bunch of people, practice in the same room that you’ll be giving the speech. If you’re going to be a chef, practice as seriously at home as you would in a restaurant kitchen.
- **MAKE IT DIFFICULT... IN A GOOD WAY:** You remember things better if you have to work to remember them. Rereading the same information 4 times may seem to help you remember important stuff, but you’ll actually remember it better if you read it once and write a summary. Or you can use flashcards to help you remember the most important things.
- **REFLECT ON HOW YOU’RE DOING:** Be honest about your progress. It’s okay if you’re not perfect. In fact, seeing the gap between where you want to be and where you are currently is a *good* thing, because it means you know what good work looks like. Once you know how big the gap is, you can work to make it smaller. Make manageable goals and check in with your mentor.
- **DO MORE THAN YOU STUDY:** It’s good to learn about what you’re passionate about, but the truth is that we learn best by doing. So, study a little, do a lot.
- **SLEEP (OR NAP!):** We all know sleep is important, but really, you can’t succeed without it. We learn better when we’re well-rested. And if you find that you’re not getting a full 8 hours, see what you can do to make that happen. And if it still can’t happen, at least get a nap in before you try to learn something new. It’s good for your brain!

GOOD LUCK ON YOUR 10,000 HOURS! YOU GOT THIS! GO CHANGE THE WORLD!

Source credit: <https://time.com/4461455/how-to-become-expert-at-anything/> and “The Gap” by Ira Glass.



IDEAS FOR MY 10,000 HOURS:

- ★ Aerobics
- ★ Animal care
- ★ Book folding art
- ★ Business or marketing
- ★ Car repair
- ★ Coaching
- ★ Coding
- ★ Cooking
- ★ Cosmetology
- ★ CPR and First Aid
- ★ Dancing
- ★ Decorating
- ★ Drawing
- ★ Eating or preparing nutritious meals
- ★ Effective communication
- ★ Emergency preparation
- ★ Environmental clean-up
- ★ Fashion design
- ★ Finding new heroes from history
- ★ Fitness
- ★ Glass blowing
- ★ Horseback riding, barrel racing, etc.
- ★ Jump roping
- ★ Learning a new sport or sports skill
- ★ Learning about different cultures
- ★ Learning about different religions
- ★ Learning about politics
- ★ Learning all the muscles/bones in the human body
- ★ Making DIY projects
- ★ Making or refinishing furniture
- ★ Meditation or yoga
- ★ Memorization
- ★ Money skills/management
- ★ Organizing
- ★ Painting
- ★ Photography
- ★ Photoshop or other editing programs
- ★ Playing an instrument
- ★ Printmaking
- ★ Sculpting
- ★ Self-acceptance
- ★ Self-defense
- ★ Stand-up comedy
- ★ Swimming
- ★ Teaching
- ★ Theater or acting
- ★ Track and field events
- ★ Writing