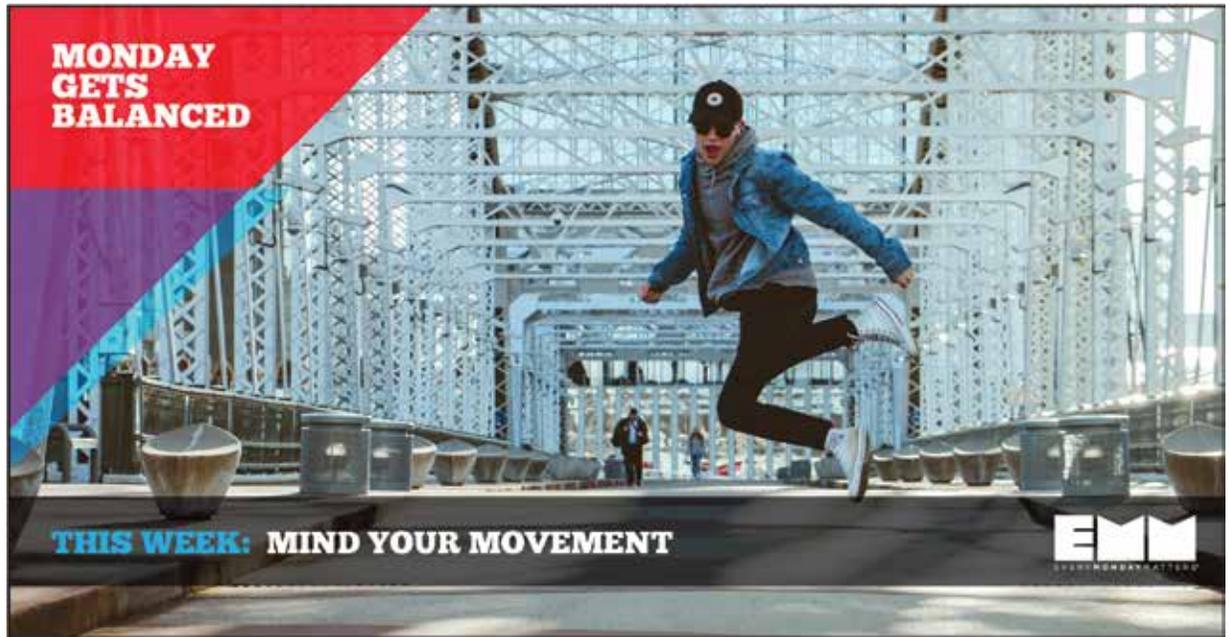




WEEK 4



No materials required.

Prep Time: 0 mins.



As this is the last 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: "MIND YOUR MOVEMENT"**
- 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 are some ways you "MOVE" your body?**
- **What do you think it means to "MIND YOUR MOVEMENT"?**
 - Answer: To pay attention to how you move your body through exercise and to take good care of yourself
- **How do you get "MOVING" in your everyday life?**
- **How often do you get "MOVING"?**
- **What are some of your favorite ways to get "MOVING", or to exercise?**
- **How do you feel when you "GET MOVING"?**
- **Have you ever "MINDED YOUR MOVEMENT" before, or put intention into how you took care of your body through exercise and "MOVEMENT"?**
- **Why do you think it's important to "MIND YOUR MOVEMENT"?**
- **How do you know if a certain type of exercise is for you or not?**
- **Have you ever tried different types of exercise than what you do now?**
 - What is it and how did it feel?
- **Is there a type of exercise that you've always wanted to try, but haven't?**
 - What is it and why do you want to try it?
- **Do you ever get "MOVING" with anyone else, like a friend or family member?**
 - What are some benefits of "MINDING YOUR MOVEMENT" with other people?

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- What are some challenges to “MINDING YOUR MOVEMENT”?
 - How might “MINDING YOUR MOVEMENT” help you to “GET BALANCED”?
 - Do you think “MINDING YOUR MOVEMENT” can help you remember that YOU MATTER?
 - How so?
 - How might “MINDING YOUR MOVEMENT” help you show others that they MATTER?
 - What would the world be like if we all remembered that WE MATTER and “MINDED OUR MOVEMENT” more often?
 - How might it be a more “BALANCED” and happier place?

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

We spent last week talking about why our breath is so important to life. There’s something else that’s super important to living a balanced and healthy life, and that’s movement. Moving is good for us, especially when we find a way to get moving that we actually enjoy. This week, it’s time to MIND YOUR MOVEMENT and find ways to move that make you feel really good. We know that getting moving isn’t always the most fun, but it’s important to remember that humans were built to move. In fact, there are whole eras of human history where we moved constantly as we hunted and gathered food. We see now that when we move, we sleep better and feel a whole lot better, too. When we move, we remember we have a body and can take steps to balance ourselves out through our body. This week, discover what movement feels good to you, whether that’s dancing, stretching, running, yoga, or something else, and start doing it. Make a move and get balanced in the process. Minding your movement matters.

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

- **Explain**
 - There are many benefits to “MINDING YOUR MOVEMENT”, for both your health and your happiness
 - Getting “MOVING” feels good, and it also boosts your confidence, lowers stress, decreases your odds of getting sick, helps you sleep better, reduces depression and anxiety, improves learning, and gives you more energy
 - Those are a lot of reasons to “MIND YOUR MOVEMENT”!
 - This week, we are going to look at our lives and figure out how we can add more “MOVEMENT” into our daily routines so we can get more “BALANCED”
 - And when we “GET BALANCED”, we’re showing ourselves that WE MATTER, and we’re showing others that they MATTER, too
- **Ask:**
 - Are you ready to “GET BALANCED” through “MINDING YOUR MOVEMENT” this week?

5) PRESENT THE WEEKLY GOALS:

- Discover how being active can make a positive difference in our physical, mental, and emotional health
- Explore how we can get “MOVING” in fun ways with other people
- Find creative ways to add exercise to our daily routines
- Understand how “MIND YOUR MOVEMENT” is an important part of this month’s theme, “MONDAY GETS BALANCED”

“IT’S NEVER TOO LATE—NEVER TOO LATE TO START OVER, NEVER TOO LATE TO BE HAPPY.”

- JANE FONDA