



WEEK 4



15+ MIN



Students play a fun game of catch with a partner.



Different types of items to toss, including balls, balloons, etc., available to all students.



Total Prep Time: 5 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](http://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.

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 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”



## **STUDENT ACTIVITY:** **“TOSS IT TO ME”**

- 1) SHARE THE NAME OF THIS ACTIVITY WITH STUDENTS: “TOSS IT TO ME”**
- 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 do you think it means to “MIND YOUR MOVEMENT”?
- What are some ways that you get “MOVING” in your life?
- Do you ever “MIND YOUR MOVEMENT”, or exercise, with other people?
- Do you prefer to get “MOVING” by yourself or with other people?
  - Why?
- What are some of the benefits of getting “MOVING” with others?
- Have you ever made a friend through a “MOVEMENT” activity, like a sport?
- When you exercise or get “MOVING” with other people, what are some things you need to do to be successful?
  - Possible answers: Communicate clearly, be patient, be present, listen to others, be open, etc.
- Do you think you can learn to get “MOVING” even better with other people?
- How might learning to get “MOVING” with others help you build stronger relationships in other parts of your life?
- How can “MINDING YOUR MOVEMENT” with others show them that they MATTER to you?

- 3) SET UP “TOSS IT TO ME” ACTIVITY:**

- **Explain:**
  - Being active and exercising is extremely important, but it doesn’t have to be boring
  - And, we don’t have to do it alone!
  - In fact, when we learn to play sports with other people, or get “MOVING” in other ways, we’re learning important skills about how to maintain strong relationships
  - When we learn how to communicate with a teammate to pass a ball better, or when we learn how to be patient with a fellow runner or dancer, we learn skills that apply to other areas of our lives
- **Ask:**
  - Are you ready to learn about how to “MIND YOUR MOVEMENT” with others while having fun and being silly?

- 4) START THE “TOSS IT TO ME” ACTIVITY:**

- **Take students outside, into the gymnasium, or anywhere you have a lot of room for students to be spread out and move around**
- **Have students get into or put students into pairs or trios**
- **Explain:**
  - Today, you and your partner(s) are going to have fun and “TOSS” some items back and forth in as many creative ways as possible
  - You can “TOSS” your items backwards, through your legs, over your head, straight on without dropping, or whatever you want
  - The purpose of this is one, to have fun...
  - And two, to practice communicating and doing what you need to in order to catch the objects
- **Make different “TOSSING” equipment available to all students, including balls and balloons, and have each pair or trio choose their first piece of equipment to start with**
- **Have pairs and trios spread out and stand apart from each other, facing each other to start with**

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- Then, have students begin “TOSSING” their balls and other objects to each other, having fun and practicing communicating with each other
  - Students may swap objects with each other and grab others from the pile whenever they’d like
  - Allow students to play “TOSS IT TO ME” for up to 10 minutes
  - Then, have students put the balls and other objects back and sit together to go over some reflection questions (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 did you enjoy this “TOSS IT TO ME” activity?
- What are some ways that you thought of to keep the game exciting and fun?
- What are some different ways you played “TOSS IT TO ME”?
- How did you decide the different ways to play the game with your partner?
- What did you do to communicate clearly with your partner?
- Why is it important to communicate with others as you “MIND YOUR MOVEMENT” together?
- What is a new idea or skill that you learned during this activity?
- Was “MINDING YOUR MOVEMENT” today fun?
- How will you start “MINDING YOUR MOVEMENT” going forward?
- What are some ways that you can start having others in your life join you in “MINDING YOUR MOVEMENT” regularly?
- How is “MINDING YOUR MOVEMENT” a way to “GET BALANCED”?
- How can you “MIND YOUR MOVEMENT” with others and show them that they MATTER to you?

**6) THANK STUDENTS FOR PLAYING “TOSS IT TO ME” WITH THEIR PARTNERS TODAY AND FOR LEARNING ABOUT THE IMPORTANCE OF GETTING “MOVING” WITH OTHER PEOPLE.**

**7) ENCOURAGE STUDENTS TO CONTINUE TO “MIND THEIR MOVEMENT” DAILY AND WITH OTHERS AS OFTEN AS POSSIBLE. CHECK IN WITH THEM THROUGHOUT THE WEEK TO SEE WHAT THEY HAVE LEARNED AND IF GETTING “MOVING” WITH OTHERS IS MAKING A POSITIVE IMPACT ON THEIR LIVES.**

**8) CONTINUE EXPLORING HOW TO “MIND YOUR MOVEMENT” 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) Tossing is Just the Beginning:** In their pairs or trios, have students work together to create another “MOVEMENT”-based activity that they can do together to “MIND THEIR MOVEMENT”. Allow students to share out or demonstrate for the class their “MOVEMENTS” and, if possible, give the class 15 minutes per day to enjoy these new games and activities together.
- 2) Take It Home:** Encourage students to “MIND THEIR MOVEMENT” each day in whatever way they’d like, for at least 10 minutes a day. Check in with them to see how they are feeling. Do they feel different physically and emotionally? What are they enjoying the most? Encourage students to write down their thoughts or give students a share aloud time to discuss with the group.

**“FOR ME, FITNESS IS NOT JUST ABOUT HITTING THE GYM; IT IS ALSO ABOUT AN INNER HAPPINESS AND AN OVERALL WELL-BEING.”**

**- RAKUL PREET SINGH**