



Students organize a meet-up to pursue their “PURPOSE” of doing good for others.



Paper available to all students; Pencils or pens; Coloring materials (markers, colored pencils, and/or crayons; optional).

Total Prep Time: 5 mins.



As this is the first Monday of the month, please consider sharing the Monthly Kick-Off activity, and if appropriate, video at [www.everymondaymatters.org](http://www.everymondaymatters.org).

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 our values and what means the most to us so we can build them into our lives
- Find ways to support others as they discover their own “PURPOSE”
- Explore how to create a community where everyone is able to pursue what they want in life
- Understand how “DEFINE YOUR PURPOSE” is an important part of this month’s theme, “MONDAY GETS EMPOWERED”



## **STUDENT ACTIVITY:** **“MEET UP”**

### **1) SHARE THE NAME OF THIS ACTIVITY WITH STUDENTS: “MEET UP”**

### **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 “DEFINE YOUR PURPOSE”?**
- **Do you think that part of “YOUR PURPOSE” in life might be helping other people?**
  - Why or why not?
- **Do you think everyone is able to help others?**
- **Do you think we can all make a positive impact in our communities and on the world?**
- **Why might it be a good thing to spread goodness, helpfulness, and happiness to others?**
- **Have you ever done something to help make your community better?**
  - What was it?
  - What did it feel like to take this action?
- **Do you feel “EMPOWERED” to make a difference in your community and world?**
  - Why or why not?
- **What happens when you feel “EMPOWERED” to make a difference?**
- **What might happen if you and others really committed to “YOUR PURPOSE” in life of helping other people?**
  - Do you think you would feel “EMPOWERED”, brave, and strong?
- **How can committing to our “PURPOSE” of making a positive impact and helping others be a way to remember that WE all MATTER?**

### **3) SET UP “MEET UP” ACTIVITY:**

- **Explain:**
  - “DEFINING OUR PURPOSE” can be very personal
  - After all, we’re trying to discover what gives our lives meaning
  - But, part of the “PURPOSE” of living for all of us is making a positive difference in other people’s lives and the world around us
  - When we start to remember that WE MATTER—all of us in this world—we start to “GET EMPOWERED” to live out our “PURPOSE” in life and make a real, positive, and lasting impact on the world
- **Ask:**
  - Are you ready to learn about how to “DEFINE YOUR PURPOSE” by helping others and your community?

### **4) START THE “MEET UP” ACTIVITY:**

- **Pass out paper and pencils or pens to each student**
- **Explain:**
  - Part of our “PURPOSE” in life is to make a positive difference in the world and to care for others
  - It’s great to this on our own as much as possible
  - But it’s also amazing to make an impact with others
  - Today, we are each going to organize a “MEET UP” with others where you will do good for your community
  - You will get to choose what you do with your “MEET UP” group, as long as you’re making a positive impact in other people’s lives, your community, and the world
- **Ask students to share out some examples of good things they can do in their community to make a positive impact**

- Some possible examples are picking up litter at the park, cleaning graffiti off walls around the neighborhood, picking up trash on the school yard or the beach, donating clothes or food to a local drive, collecting donations for an organization, volunteering at a shelter, etc.
- **Then, ask students to start working on their first “MEET UP” idea by brainstorming on their papers**
- Students can do this individually or in pairs or small groups
- **Encourage students to include the following in their brainstorm:**
- Who they are inviting
- When the “MEET UP” will happen, including day, date, and time
- Where it’s taking place
- What is the event going to be
- What each person needs to bring
- How they will be organizing the event (i.e. calling to schedule with a shelter, meeting at a park, etc.)
- **Allow students up to 10 minutes to plan the details of their event**
- If they get done early planning their “MEET UP” details, they can start making an invitation or flyer to give to other people using coloring materials and additional paper
- **When time is up, ask students to share out their ideas and a summary of their plans**
- **Encourage students to follow through with their “MEET UP” events and to fulfill their “PURPOSE” of helping others and their communities**
- Challenge them to keep the “MEET UPS” going on a regular basis and to pass the “MEET UP” planning onto another group member at each event. That way, different people are organizing the event and everyone feels a part of the group and contributes in their own unique way
- Also encourage students to invite a new friend or family member each time and their project will continue to grow

**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 was it like to plan out an event to do good and make a positive impact on your community?**
- **Have you ever thought about how “YOUR PURPOSE” in life might be about helping others and your community?**
- **Who will you invite to your “MEET UP”?**
- **Are you excited about “MEETING UP” with others and making a positive impact on your community?**
- How do you think your “MEET UP” members will feel about making a positive impact?
- **Do you think fulfilling “YOUR PURPOSE” through positive action will help you feel “EMPOWERED”?**
- Why or why not?
- **How can you make sure to continue your “MEET UP” activities going forward?**
- How can you expand this to other people?
- How will you make sure to include others who might want to do different things to make a positive impact on your community?
- How can you keep “MEETING” even if it might be hard to get together with everyone on a regular basis?
- **How might making a positive difference through these “MEET UPS” help you “DEFINE YOUR PURPOSE” in life?**
- **How might it feel to “GET EMPOWERED” through these regular “MEET UPS”?**
- **How will your actions show others that you believe that WE all MATTER?**

**6) THANK STUDENTS FOR MAKING THEIR “MEET UP” PLANS TODAY. CHALLENGE THEM TO ACTUALLY CARRY OUT THEIR PLANS SO THEY CAN FULFILL THEIR “PURPOSE” OF MAKING THE WORLD A BETTER PLACE.**

- 7) **SUPPORT STUDENTS AS THEY CONTINUE TO “MEET UP” WITH OTHERS AND AS THEY SEEK TO “DEFINE THEIR PURPOSE” IN LIFE.**
- 8) **CONTINUE EXPLORING HOW TO “DEFINE YOUR PURPOSE” 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) **Make Flyers and Invites:** Give students time in class to make flyers and invitations for their first “MEET UP”. Students can hand these out to specific people or they can post them around the community.
- 2) **Document the Meet-Ups:** Encourage students to take photos of their “MEET UP” and journal about their experiences. Allow students time to share their experiences with the group, as well.
- 3) **Get Creative:** Encourage students to create different kinds of “MEET UPS” with different people in their lives. They could have different people in each group who want to contribute different things, which can help give “PURPOSE” to different areas of their lives.

**“ FOLLOW YOUR PASSION, IT WILL LEAD YOU TO YOUR PURPOSE. ”**

**- OPRAH**