



Students make and sign a pledge to improve 1% in a specific area in their lives for the next 100 days.



Poster board or butcher paper; Pens or markers; Post-it Notes; Glue sticks.
Total Prep Time: 5 mins.



As this is the fourth 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.

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 short-term accomplishments contribute to long-term character and success
- Identify what constitutes a sincere effort and put that understanding into practice
- Notice small, daily efforts to overcome or improve, and honor those efforts
- Understand how “CELEBRATE THE EFFORT” is an important part of this month’s theme, “MONDAY GETS EMPOWERED”



STUDENT ACTIVITY:

"1% CLUB"

1) SHARE THE NAME OF THIS ACTIVITY WITH STUDENTS: "1% CLUB"

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 one area of your life where you are really proud?**
 - What kinds of "EFFORTS" did it take to get to that place of pride?
 - Do you feel "EMPOWERED" in that part of your life?
 - How does feeling "EMPOWERED" help you make even more "EFFORTS" in that area?
- **What is one area of your life you would like to improve?**
- **Have you ever felt overwhelmed or like a task is impossible?**
- **What if you improved just "1%" each day at something difficult, or tried just "1%" harder?**
 - What might your life look like in a year if you did this every day?
 - How might your confidence improve?
 - How could your talents increase by trying harder by 1% each day?
- **In what ways would your life change if you "CELEBRATED" every time you made a "1%" improvement?**
- **How does noticing our "EFFORTS" to improve help us to be more aware of the "EFFORTS" of others?**
- **How could our school change if we all committed to being a part of a "1% CLUB", dedicated to becoming "1%" better every day?**
 - What do you think would change?
- **How would being part of that "CLUB" help each of us know, I MATTER?**
- **How would this "CLUB" help you to "GET EMPOWERED" about improving together?**
- **How would the "1% CLUB" help us understand "I MATTER"?**

3) SET UP THE "1% CLUB" ACTIVITY:

- **Explain:**
 - Success means something different to each of us.
 - Sometimes, we think that being successful means being rich, popular, or really talented at something.
 - But it might surprise you to know that every "EFFORT" you make is a step toward your goal, even if it's unclear.
 - "EFFORT" shows a lot about yourself.
 - It shows that you are not a quitter, that you are willing to notice where you can improve, and can make the necessary changes.
 - It also demonstrates dedication and "EMPOWERMENT".
 - And if you do just "1%" better at something each day, that means that in 100 days, you'll have improved by 100%!
 - If we begin today, September 23, our 100th day will be New Year's Eve, which is the perfect time to check in and see how we're doing.
- **Ask:**
 - How can you know that your "EFFORT" for the day has been sincere?

4) START THE "1% CLUB" ACTIVITY:

- **Explain:**
 - Today, we'll create and sign a pledge committing to being part of this "1% CLUB". If you'd like, you can also write what it is you're going to commit to working on for the next 100 days.
 - Think about a goal you have or an area of your life you'd like to improve.
 - For example, learning a language, having more self-confidence, or being better at a certain subject.

- Then, think about the smallest step you can take to improve in that area.
- That is your “1%”.
- For example, if you want to learn French, maybe the first step is to get a French dictionary, even if you don’t even open it the first day.
- The next day, you could just look through it.
- Eventually you could move on to reading a few words, then pronounce a few words, and then speak those words to someone once you feel comfortable.
- It doesn’t have to all be done today, but the “1% EFFORT” should be sincere.
- **Set out the poster board/butcher paper, pens, markers, Post-it Notes, and glue sticks**
- **Let students brainstorm how they would like to word their pledge (for example, “We commit/we pledge to improve by “1%” for the next 100 days because “WE MATTER”)**
- **Label the poster board/butcher paper with “1% CLUB” and write the club’s phrase below that label, leaving enough room for individual Post-it notes.**
- **Instruct students that they will use one Post-it note each to write what they want to improve at for the next 100 days (unless they would prefer not to share). They will sign their name at the bottom of the Post-it note using a pen or marker.**
- **Then, using the glue sticks or tape, they will stick the Post-it notes on the poster board.**

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.*

- **Would anyone like to share what they wrote on our pledge?**
 - What did you pledge to do?
- **How can you “CELEBRATE” each day that you do “1%” better?**
- **How does it feel to be part of a “CLUB” whose members are each working toward accomplishing something?**
 - In what ways does being in this “CLUB” “EMPOWER” you?
- **How does improving by just “1%” help make your goal manageable and achievable?**
- **Who do you know that would benefit from being part of the “1% CLUB”?**
 - How could you share some of the things you learned with them?
- **How could the idea of improving by “1%” help your relationships with family or friends?**
- **What will be your first “1%” step?**
- **Where do see yourself in 100 days?**
- **How will you stay committed and accountable for your progress?**
 - How do you think we can, as a group, check in with each other about our progress?
 - How often should we do it?
- **What about this activity has helped you to recognize, I MATTER and so does each of my individual “EFFORTS”?**

6) THANK STUDENTS FOR PLEDGING TO MAKE “1%” MORE “EFFORT” EACH DAY FOR THE NEXT 100 DAYS. REMIND THEM THAT THEIR SMALL, CONSISTENT “EFFORTS” ARE TO BE “CELEBRATED” BECAUSE THEY LEAD TO BIG IMPROVEMENTS OVER TIME, AND THAT THOSE “EFFORTS” MEAN DAILY SUCCESS.

7) CHALLENGE STUDENTS TO STAY COMMITTED TO THEIR PLEDGE, TO CHECK IN WITH ONE ANOTHER REGULARLY ABOUT HOW THEY’RE DOING, AND TO FIND OTHER WAYS TO “GET EMPOWERED” THIS MONTH.

8) CONTINUE EXPLORING HOW TO HELP OTHERS “CELEBRATE THE EFFORT” 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) The 1% Plan:** Let students write ideas of “1%” improvements they can make over the next week or two. Writing down short-term goals increases likelihood of success.
- 2) 1% Club Recruitment:** Make the “1% CLUB” schoolwide by putting your poster up for classmates to see as an example. Create additional “1% CLUB” posters for them to complete. Let students write a brief description about the “1% CLUB”, directions for the poster, and why it MATTERS to place next to each poster.
- 3) Celebrate the 1% Club:** Once your 100 days are finished, present your improvements. This can be done by making tri-fold posters, creating videos, writing short paragraphs, or compiling a book, etc. Let students decide how to “CELEBRATE their EFFORTS”, as it will be something to look forward to and also keep them accountable for their long-term goals.

“NOTHING IS IMPOSSIBLE. THE WORD ITSELF SAYS ‘I’M POSSIBLE.”

- AUDREY HEPBURN