



No materials required.

Prep Time: 0 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).

## WEEKLY KICK-OFF

- 1) **SHARE THIS WEEK'S THEME WITH STUDENTS: BE A NEWBIE**
- 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.*

- Since this month is about **GETTING CURIOUS** what might it mean to **BE A NEWBIE**?
- How can individuals choose to **BE NEWBIES** through daily actions and choices?
- How can families and friends choose to **BE NEWBIES** together through their habits, routines and traditions?
- How can societies and communities embrace **BEING NEWBIES** through their practices and priorities?
- What are some ways you have already experienced **BEING A NEWBIE** in the past?
- What are some challenges **BEING A NEWBIE**?
- What is the opposite of choosing to **BE A NEWBIE** and what are some specific examples of this from your own life?
- What is the meaning of "comfort zone"?
- Why is it important to choose to get outside of your comfort zone in order to become a **BE A NEWBIE**?
- How might **BEING A NEWBIE** help you understand yourself and others on a deeper level?
- What are some specific ways you could start to **BE A NEWBIE** tomorrow?
- How might **BEING A NEWBIE** help you connect to how much **YOU MATTER**?
- How might **BEING A NEWBIE** help others connect to how much **THEY MATTER**?

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

Do you remember being new to a school, class, or job? It's not always the most pleasant feeling. In fact, it can be downright uncomfortable sometimes. It's easy to feel isolated and alone when trying something new or being in a new situation. However, being new at something can also be healthy and exciting and full of possibilities. This week, we want you to overcome what stops you and **BE A NEWBIE**. Approach your life with a fun-loving mindset, instead of judging yourself for what you don't know or being not "as good" as others—we all know that's not helpful. Being good at something isn't the point - trying something new is the point. This week, commit to discover and celebrate the fact that you're learning something new. See what new things you can bring into your life. Being a newbie matters.

### 4) **REVIEW HOW THIS WEEK SUPPORTS THE MONTH'S THEME OF "GET CURIOUS":**

- **Explain:**

- The best way to BE A NEWBIE is to face your fears, get outside of your comfort zone and realize that trying something new is more important than being the best at something.
- You can BE A NEWBIE and GET CURIOUS by viewing new experiences as opportunities to learn, grow and discover more about yourself and the world around you.
- Make it a habit to approach life with a fun-loving mindset instead of worrying about how you will perform or how others may judge you.
- You can also BE A NEWBIE and GET CURIOUS by realizing that no one is judging you and even if they are their opinions don't have the power to stop you from trying something new.
- Prioritizing living life to the fullest, making every moment count and taking advantage of opportunities can help keep you motivated to BE A NEWBIE and GET CURIOUS on a regular basis.
- Focusing on BEING A NEWBIE and GETTING CURIOUS can bring you more joy when you realize every common object and experience that you typically took for granted can be full of wonder.
- Focusing on BEING A NEWBIE and GETTING CURIOUS can bring you a greater sense of enthusiasm and delight when you realize failure can be fun and rewarding if you know it's part of learning something new and BEING A NEWBIE.

- **Ask:**

- How might choosing to BE A NEWBIE require you to GET CURIOUS?
- How might choosing to BE A NEWBIE as often as possible also help you GET CURIOUS?
- How can BEING A NEWBIE help you and others GET CURIOUS when you typically would stay in your comfort zone?
- How might your life change by pursuing to BE A NEWBIE and GETTING CURIOUS more often?
- How might your life change by encouraging others to BE A NEWBIE and GET CURIOUS?
- How can BEING A NEWBIE and GETTING CURIOUS help all of us connect to how much WE MATTER?

### 5) **PRESENT THE WEEKLY GOALS:**

- **Approach common objects and activities as if you have never experienced them and with the intention to learn more.**
- **Get outside of your comfort zone to see life as an endless opportunity to uncover and discover joy and meaning every single day.**
- **Overcome fear of failure and judgment by approaching life with a fun-loving mentality and realizing being the best just isn't the point.**
- **Understand how BEING A NEWBIE is an important part of this month's theme, MONDAY GETS CURIOUS.**

**“ WE KEEP MOVING FORWARD, OPENING NEW DOORS, AND DOING THINGS BECAUSE WE ARE CURIOUS AND CURIOSITY KEEPS LEADING US DOWN NEW PATHS. ”**  
- WALT DISNEY, AMERICAN ENTREPRENEUR