



No materials required.

Prep Time: 0 mins.



As this is the third 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: "GET BACK UP"**
- 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 does the word "EMPOWERED" mean?**
 - Possible answers: Being "EMPOWERED" means feeling confident or strong in controlling your own life's choices and in claiming your rights. Being "EMPOWERED" can also mean having the ability to pursue your dreams, or to come out of a place of difficulty into freedom.
- **Why does it MATTER if we are "EMPOWERED" or not?**
- **Can you think of any circumstances or situations in which people might not feel "EMPOWERED"?**
- **How might you feel if you didn't have any "POWER" over your own life?**
- **How might it feel if you became "EMPOWERED" because of a difficult situation?**
- **What are some things we are able to do or accomplish when we feel "EMPOWERED"?**
- **What does it mean to you to "GET BACK UP"?**
- **Can you think of a time when you made the decision to "GET BACK UP", even when it was difficult?**
- **What gave you the courage to "GET BACK UP"?**
- **How can we help others to "GET BACK UP" when they are struggling?**
 - How can we do this in a way that "EMPOWERS" them and gives them confidence to move forward independently?
- **How might your efforts to "GET BACK UP" motivate to someone else to do the same?**

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- **Who is someone you personally know who has consistently gotten “BACK UP” after a difficulty or failure?**

- How does their example help you in your own life?
- How could you emulate their example?

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

When you try anything, it’s a near guarantee that you’re not going to do it perfectly. Guess what? That’s okay! That’s great even! Many of us are taught that perfection is necessary, but in reality, perfection is exhausting. It’s inevitably frustrating, and it’s just not a necessary goal. This week, we want you to remember that failure is an option, and to GET BACK UP. It’s okay to fail, and it’s okay to fall. Really. When you fall and when you fail, take some time to feel it. Really feel it. Feel the disappointment and the sadness and the frustration. Then, get back up. Be courageous and trust that you’ll be okay. Because you will be okay. And then, try again. Falling is a part of life and it’s one that we can use to grow or it’s one that we can use as an excuse. Choose to grow. Take your next step as you go forward in life. Show yourself—and others—that you’re powerful enough to keep going. It matters to “GET BACK UP”.

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

- **Explain:**

- There is not one person in this world who hasn’t had a failure at some point or another
- Sometimes those failures can be hard to pick ourselves up from
- It may feel like the failure defines us
- But really, our reaction to failure says more about who we are rather than the failure itself
- When we choose to “GET BACK UP”, especially after a difficult situation, circumstance, or failure; we are showing incredible courage and determination
- The act of “GETTING BACK UP” itself says, ‘I MATTER, and I won’t give up until I have accomplished my goal’
- Whenever we make the active choice to “GET BACK UP” after a setback, we gain more confidence in ourselves and our abilities
- Instead of letting our failure take the reins and have control over us, we get to take the reins and say, ‘I am in control of my goals’
- And that’s the very definition of “EMPOWERMENT”
- So, whenever you “GET UP”, dust off, and try again, you can know you’re one step closer to who you’ve always wanted to be

- **Ask:**

- What is one area of your life in which you’d like to feel more “EMPOWERED”?

5) PRESENT THE WEEKLY GOALS:

- **Discover how we can individually and collectively rise from our difficulties and forge paths of courage**
- **Identify and practice encouraging others in their struggles, while allowing room for their individual journeys**
- **Learn from the examples of people in history who have overcome challenges and changed the world**
- **Understand how “GET BACK UP” is an important part of this month’s theme, “MONDAY GETS EMPOWERED”**

“WHEN LIFE KNOCKS YOU DOWN, TRY TO LAND ON YOUR BACK. BECAUSE IF YOU CAN LOOK UP, YOU CAN GET UP. LET YOUR REASON GET YOU BACK UP.”

- LES BROWN