



WEEK 4



No materials required.

Prep Time: 0 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 <https://everymondaymatters.org/blog/>. 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: "CELEBRATE THE EFFORT"**
- 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 are some goals in your life that have required "EFFORT" to achieve?**
 - What specific things did you do that demonstrated that "EFFORT"?
- **What actions might you see in someone who is making an "EFFORT"?**
- **In what areas of your life, do you put forth the most "EFFORT"?**
- **What do you think success means?**
- **How does "EFFORT" lead to success in our lives?**
- **In what ways is "EFFORT" a success in itself?**
- **Do you think it is important to "CELEBRATE THE EFFORTS" you make?**
 - Why or why not?
- **What kinds of "EFFORTS" in your own life can you "CELEBRATE" today?**
- **How does "CELEBRATING THE EFFORT" help you to continue pursuing your goals?**
- **How could you "CELEBRATE THE EFFORTS" of a friend or family member?**
- **How might your "CELEBRATION" look?**
- **How might "CELEBRATING THE EFFORT" help you to gain more self-confidence and "EMPOWERMENT"?**
- **How does knowing that YOU MATTER make your "EFFORTS" more impactful?**

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

Being empowered doesn't just happen overnight. It's a life-long effort with ups and downs. When we choose to be empowered, we need to take time and **CELEBRATE THE EFFORT** that we put in every single step of the way. Don't let the world define your "successes" or "failures"—just see them as steps to whatever comes next towards your goal. Commit to learn from and celebrate whatever happens in your journey and practice being open to learning no matter what is happening in your life. This week, we're going to spend some time focusing on the journey and the people who are walking alongside us. We'll remember that it's not just about us and discover how we can support others along the way. We know it is easy to get stuck in what you want to make happen in life. This week we will remember that the journey is way better than the destination. **CELEBRATING THE EFFORT** matters.

4) **REVIEW HOW THIS WEEK SUPPORTS THE MONTH'S THEME OF "MONDAY GETS EMPOWERED":**

- **Explain:**

- Every day, we do things that require "EFFORT", whether those "EFFORTS" are great or small.
- For example, you need to put forth "EFFORT" towards schoolwork, sports teams, chores at home, or other extracurricular activities
- And the relationships in your life take "EFFORT", too, including kindness toward yourself.
- Whenever you try, whenever you make an "EFFORT", you have done something spectacular--you have moved closer to becoming who you want to become.
- And that deserves "CELEBRATING"!
- Because every time we move closer to a goal, we become more independent and "EMPOWERED" to do good in the world.
- This week we will "CELEBRATE" every "EFFORT" we notice in ourselves, and make sure that "CELEBRATION" extends to others who also make "EFFORTS", whether for themselves or for us

- **Ask:**

- What is one "EFFORT" you've made that you can "CELEBRATE" today?
- How does "CELEBRATING THE EFFORT" help remind us that "YOU MATTER"?

5) **PRESENT THE WEEKLY GOALS:**

- **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"**

**“ I CELEBRATE MYSELF,
AND SING MYSELF. ”**

- WALT WHITMAN