



No materials required.

Prep Time: 0 mins.



As this is the fifth Monday of the month, please consider 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: "BE THE INSPIRATION"**
- 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 EMPOWERED" what might it mean to "BE THE INSPIRATION"?
- How can individuals and families "BE THE INSPIRATION" for others through daily actions and choices?
- How can businesses, industries and communities "BE THE INSPIRATION" through their policies and practices?
- How can societies and governments "BE THE INSPIRATION" through their laws and priorities?
- How can individuals "BE THE INSPIRATION" even when they feel unmotivated, afraid, intimidated or overwhelmed?
- What are some ways you, your family, and friends are already "BEING THE INSPIRATION" for each other?
- What is the opposite of "BEING THE INSPIRATION" and what are some specific examples of this from your own life?
- What are some specific ways you could "BE THE INSPIRATION" for yourself and others?
- Why is it important for individuals and communities to intentionally and proactively choose to "BE THE INSPIRATION" with their daily actions and choices?
- How might "BEING THE INSPIRATION" help you connect to how much "YOU MATTER"?
- How might "BEING THE INSPIRATION" help others connect to how much "WE MATTER"?

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

Have you ever seen an artist at work? As they create their piece, they are totally in the zone. They know what they want and they're going after it. It's inspiring. This week, as you "GET EMPOWERED" in your own life, it's time to "BE THE INSPIRATION". No matter where you are in life, when you live in an "EMPOWERED" way, you are an "INSPIRATION". So many people want to be "EMPOWERED" and live a full life. Be the person who shows them how they can do it. This week, we'll remember that the best things in life are shared. We'll discover how we can share the message of positive empowerment with other people. As you learn to "GET EMPOWERED" and as you grow into your whole self, share what you learn with other people. Inspire them in their own journey. Be other people's cheerleaders as you live your life in a fulfilled and positively impactful way. This week, realize that you can "BE THE INSPIRATION" for others that someone else has been to you. "BEING the INSPIRATION" matters.

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

- **Explain:**

- The best way to "BE THE INSPIRATION" is to realize that your words and actions can "EMPOWER" or "DISEMPOWER" the people around you.
- You can "BE THE INSPIRATION" for yourself and those around you by viewing your actions as a conscious choice to either "EMPOWER" or "DISEMPOWER" (Provide explanations of EMPOWER: "make (someone) stronger or more confident..."; DISEMPOWER: "make (a person or group) less powerful or confident..." (taken from www.lexicon.com on September 10, 2019)
- You can also "GET EMPOWERED" and "BE THE INSPIRATION" by overcoming your anxieties, going after what you want in life and growing into your whole self to lead others by example.
- Focusing on creating not just one inspirational moment but raising the bar to how you live, day after day, throughout your life can help you to "BE YOUR OWN INSPIRATION" and "EMPOWER" others to do the same.
- By remembering that you rely on others for support and that you can support others is the best way to stay "STAY EMPOWERED" to "BE THE INSPIRATION".
- Make it a habit to praise and "EMPOWER" others
- Focusing on "GETTING EMPOWERED" and "BEING THE INSPIRATION" can bring you more positivity and joy when you realize that living a meaningful life is a simple choice.
- It is up to you to stay committed to making the choices that lead to achieving your goals in every moment of every day
- Focusing on "GETTING EMPOWERED" and "BEING THE INSPIRATION" can bring you a greater sense of fulfillment when you realize you can be the person others look up to as you lead by example.

- **Ask:**

- How might prioritizing "BEING THE INSPIRATION" help you "GET EMPOWERED"?
- How might prioritizing "BEING THE INSPIRATION" also require you to "GET EMPOWERED"?
- How can "GETTING EMPOWERED" to "BE THE INSPIRATION" help all of us connect to how much "WE MATTER"?
- How can proactively "BEING THE INSPIRATION" help you feel more "EMPOWERED" when you would typically feel unmotivated, afraid, inadequate or overwhelmed?
- How do you lift up from feeling unmotivated, afraid, inadequate or overwhelmed so that you can "BE THE INSPIRATION"?
- How might your life change by proactively "GETTING EMPOWERED" to "BE THE INSPIRATION" more consistently?
- How might your life change by encouraging others to "GET EMPOWERED" to "BE THE INSPIRATION" on a regular basis?
- How will this change how you see yourself and how others see you?
- How will be "BE THE INSPIRATION" help others understand that "YOU MATTER"?

5) PRESENT THE WEEKLY GOALS:

- Decide to pursue what you want to achieve and raise the bar to how you live every day.
- Practice empowering others and being a positive inspiration.
- Take ownership and action to start living your life in a fulfilled and positively impactful way.
- Understand how “BEING THE INSPIRATION” is an important part of this month’s theme, “MONDAY GETS EMPOWERED”.

**“TODAY, I WILL BEHAVE AS
IF THIS IS THE DAY I WILL
BE REMEMBERED.”**

- DR. SEUSS, AUTHOR