

Ability to show students the monthly video (www.everymondaymatters.org), if appropriate.

Prep time: 5 mins.



As this is the first Monday of the month, we recommend presenting this Monthly Kick-Off activity and if appropriate, the monthly video. Or, at a minimum, offer highlights from this activity plan.

MONTHLY KICK-OFF

- 1) **SHARE THIS MONTH'S THEME WITH STUDENTS: "MONDAY GETS CURIOUS"**
- 2) **SHOW STUDENTS THE "MONDAY GETS CURIOUS" VIDEO.**

- The "MONDAY GETS CURIOUS" video can be found at www.everymondaymatters.org. Click on "MONTHLY VIDEOS" on the homepage.

- 3) **ASK A FEW OF THE FOLLOWING QUESTIONS TO WARM STUDENTS UP ON THIS MONTH'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 the meaning of the word CURIOUS?**
 - Answer: "marked by desire to investigate or learn (taken from <https://www.merriam-webster.com/dictionary/curious> on September 10,2019)
- **Have you ever felt CURIOUS or had a strong interest to know more about something?**
 - Have you always been CURIOUS or did something trigger your CURIOSITY?
- **What is it like to be CURIOUS?**
 - What are other emotions that go along with being CURIOUS?
- **How do you act when you are CURIOUS?"?**
- **Have you ever known someone who is really CURIOUS?**
 - What were they like?
 - How did they act?
 - What was it like to be around such a CURIOUS person?
- **In what ways can being CURIOUS be described as both a good state and a bad state to be in?**
- **Give an example of a good CURIOUS and a bad CURIOUS.**

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- Have you ever been **CURIOUS** about something that led you to learning something new?
 - What was that something? What was your new learning?
 - How can becoming **CURIOUS** be a good change?
 - Do you think your **CURIOSITY** can help others?
 - How do **YOU MATTER** when it comes to becoming **CURIOUS**?

4) SHARE THE MONTHLY SITUATION AND CHALLENGE (PAGE 3) WITH STUDENTS BY READING IT OUT LOUD OR ASKING A STUDENT TO DO SO:

- Consider having students use this information as the foundation for a writing prompt. Let them form their own questions or provide them one or two to answer, using the challenge that lies ahead of them for the month

5) CONSIDER SHARING THE MONTHLY FACTS (PAGES 4-5) WITH STUDENTS.

- This can be done now or throughout the month
- The **MONTHLY FACTS** are an integrated learning tool for you to use, as desired and appropriate

6) SHARE THE UPCOMING WEEKLY THEMES WITH STUDENTS.

- Monday, October 7 - Be a Newbie
- Monday, October 14 - Decide to Discover
- Monday, October 21 - Change Your Routine
- Monday, October 28 - Start a Hobby

7) GET STUDENTS EXCITED ABOUT MAKING OCTOBER ALL ABOUT MONDAY GETS CURIOUS AND SEEING HOW A LITTLE CURIOSITY LEADS TO LEARNING SOMETHING NEW AND EXCITING, DISCOVERING UNKNOWN INTERESTS AND HOBBIES, PURSUING A NEW PASSION, AND ENRICHING YOUR LIFE AND THOSE AROUND YOU.

8) ENJOY THE FIRST WEEK'S THEME AND ACTIVITIES: "BE A NEWBIE"

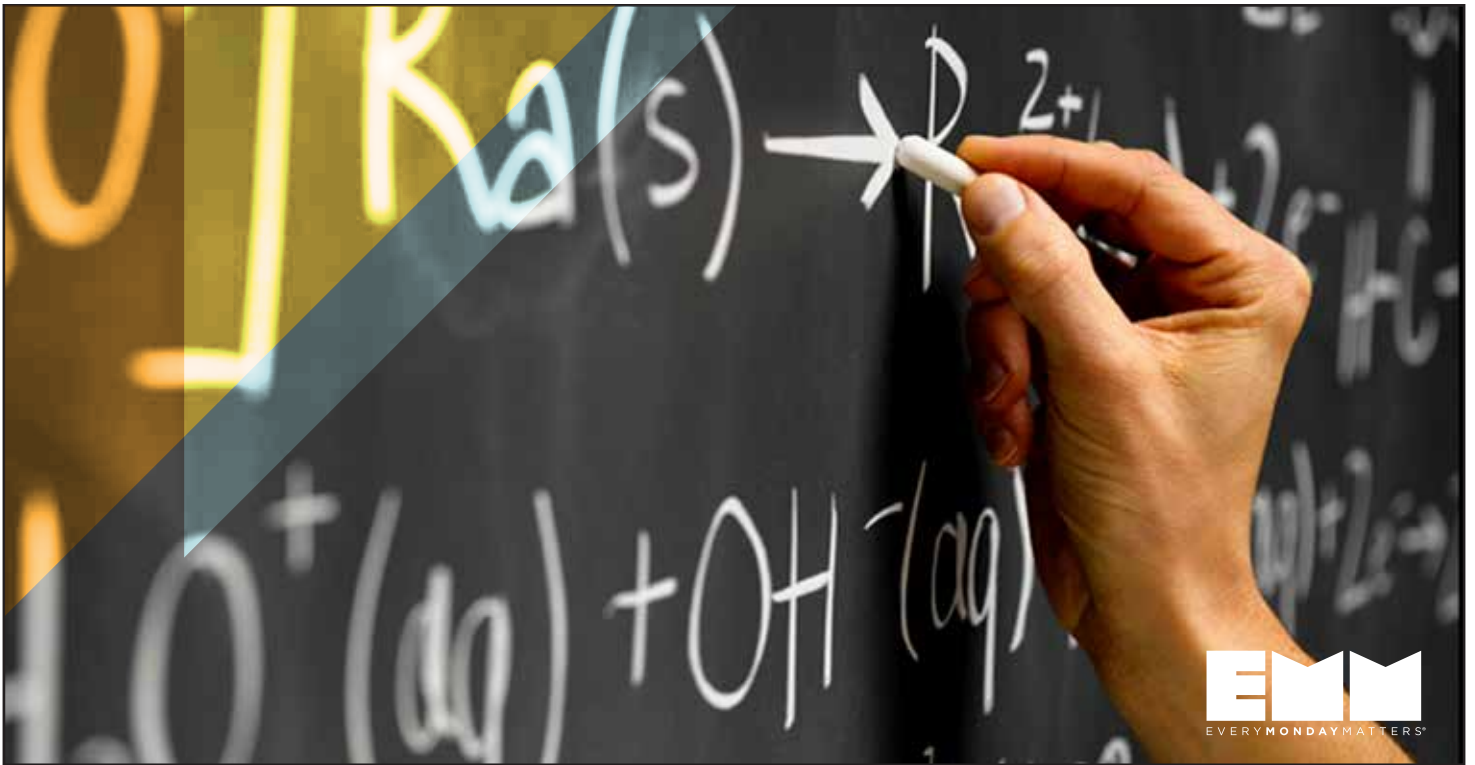


THE SITUATION

CURIOSITY fuels learning and invention. It is the starting point of every discovery. When we GET CURIOUS, we explore and seek out answers and explanations. CURIOSITY is able to find different strategies to solve a problem. It is the muse for creativity. We ask questions beginning with “why,” “what if,” and “how.” We wonder. CURIOSITY put a human on the moon, a rover on Mars, and sent a satellite past Pluto. We find antidotes, vaccines and cures that eliminate devastating diseases because we are CURIOUS. CURIOSITY is helping to find a cure for cancer. We become braver to peek around the corner and venture beyond the limitations of what we thought were our own capabilities. CURIOSITY put avocado on toast and determined whether or not chocolate and peanut butter really do go together. Who thought of avocado toast? So, here’s the SITUATION, as humans, we are naturally CURIOUS. It causes us to seek a greater understanding of who we are, where we are, and what is possible. CURIOSITY physically expands our brains and our enriches our souls. This month MONDAY GETS CURIOUS.

THE CHALLENGE

The thing about CURIOSITY is that it can be a fleeting moment. We say to ourselves, “Oh, that’s interesting,” and let it go without another thought. It is something that our brain thinks about for a heartbeat but we don’t always follow through on it. We don’t give CURIOSITY the time it deserves. When we’re young, we ask a million questions and yearn for knowledge. As we get older, our CURIOSITY declines and diminishes from lack of practice and our brains atrophy. This time, when we get CURIOUS, hang on to the feeling. Commit to trying something new. Extend your community and expand your brains. Over the next few weeks, we’re going to GET CURIOUS. We’re going to remember that when we are CURIOUS and start something new, it may be uncomfortable at first. However, it may lead to something wonderful in the end. We’ll slow down our busy lives and routines to discover things that are right in front of our eyes and be in awe. We’ll make a commitment to following our CURIOSITY in order to uncover something that will benefit ourselves and maybe others. Our CURIOSITY will connect us to one another and inspire us to be CURIOUS. Getting CURIOUS matters.



MONTHLY FACTS

CURIOUS (ADJECTIVE): MARKED BY DESIRE TO INVESTIGATE AND LEARN

- <https://www.merriam-webster.com/dictionary/curious>

SCIENCE IS FUN. SCIENCE IS CURIOSITY. WE ALL HAVE NATURAL CURIOSITY. SCIENCE IS A PROCESS OF INVESTIGATING. IT'S POSING QUESTIONS AND COMING UP WITH A METHOD. IT'S DELVING IN.

- Sally Ride, American astronaut

SCIENTISTS HAVE DETERMINED THAT THERE ARE TWO TYPES OF CURIOSITY. PERCEPTUAL CURIOSITY IS WHEN WE QUESTION SOMETHING THAT WE THOUGHT WE ALREADY KNOW. IT'S A NAGGING AND UNCOMFORTABLE FEELING. THE SECOND TYPE OF CURIOSITY IS WHEN WE SEEK GREATER UNDERSTANDING. THIS IS CALLED EPIS-TEMIC CURIOSITY.

- Wernick, Adam; *Why are Humans so Curious?* Science Friday, PRI International; August 2017
<https://www.pri.org/stories/2017-08-27/why-are-humans-so-curious>

"VERY OFTEN WE ARE AFRAID OF THINGS WE DON'T KNOW MUCH ABOUT OR WE DON'T UNDERSTAND, AND IF WE BECOME CURIOUS ABOUT THEM AND LEARN MORE ABOUT THEM, THEN WE ARE MUCH LESS AFRAID," HE EXPLAINS.

- Excerpt from Mario Livio's book, *Why? What Makes Us Curious?*

“WHEN SOMETHING PIQUES YOUR CURIOSITY - SAY, AN INTERESTING FACT, OR AN UNEXPECTED NOISE IN THE OTHER ROOM - YOUR BRAIN ENTERS INTO WHAT’S CALLED THE “CURIOSITY STATE.” FIRST, THE PARTS OF THE BRAIN THAT ARE SENSITIVE TO UNPLEASANT CONDITIONS LIGHT UP. THIS SHOWS THAT YOU ARE SLIGHTLY UNCOMFORTABLE, BECAUSE YOU RECOGNIZE YOU ARE LACKING CERTAIN KNOWLEDGE. THEN, THE PARTS OF YOUR BRAIN RESPONSIBLE FOR LEARNING AND MEMORY KICK INTO HIGH GEAR, SO THAT YOU CAN LEARN, AND REMEMBER WHAT YOU’VE LEARNED, MORE EFFICIENTLY. IT IS AT THIS POINT THAT YOU ARE PRIMED TO BEGIN YOUR SEARCH FOR ANSWERS. AND WHEN YOU ACTUALLY BEGIN LEARNING NEW FACTS IN YOUR CURIOSITY STATE, SOMETHING EVEN MORE INTERESTING THAN HEIGHTENED MEMORY HAPPENS: YOUR REWARD CIRCUITRY KICKS IN.”

- *The Science of Curiosity*; <https://curiosity.britannica.com/science-of-curiosity.html>

“SOMEHOW CURIOSITY COULD PREPARE THE BRAIN FOR LEARNING AND LONG-TERM MEMORY MORE BROADLY.”

“PIQUING CURIOSITY COULD ALSO HELP EDUCATORS, ADVERTISERS AND STORYTELLERS FIND WAYS TO HELP STUDENTS OR AUDIENCES BETTER RETAIN MESSAGES.”

- *Yuhas, Daisy*; *Curiosity Prepares the Brain for Better Learning*; *Scientific American*, October 2014;
<https://www.scientificamerican.com/article/curiosity-prepares-the-brain-for-better-learning/>

MILLIONS SAW THE APPLE FALL BUT NEWTON ASKED WHY.

- *Bernard Baruch*, *American financier*

“A JOINT REPORT OF THE ASSOCIATION OF AMERICAN MEDICAL COLLEGES (AAMC) AND THE HOWARD HUGHES MEDICAL INSTITUTE (SCIENTIFIC FOUNDATIONS FOR FUTURE PHYSICIANS) IDENTIFIED CURIOSITY AS “FUNDAMENTAL TO THE PRACTICE OF MEDICINE.”

- *Adashi, Eli*; *Abdul-Kareem Ahmed*; *Phillip Gruppuso*; “*The Importance of Being Curious*”; *American Journal of Medicine*; June 2019

“GOOGLE RECEIVES 63,000 SEARCHES PER SECOND ON ANY GIVEN DAY... WHICH TRANSLATES INTO AT LEAST 2 TRILLION SEARCHES PER YEAR, 3.8 MILLION SEARCHES PER MINUTE, 228 MILLION SEARCHES PER HOUR, AND 5.6 BILLION SEARCHES PER DAY.”

- <https://seotribunal.com/blog/google-stats-and-facts/>, September 2018

RESEARCH IS FORMALIZED CURIOSITY. IT IS POKING AND PRYING WITH A PURPOSE.

- *Zora Neale Hurston*, *author*

KIDS ARE BORN CURIOUS ABOUT THE WORLD. WHAT ADULTS PRIMARILY DO IN THE PRESENCE OF KIDS IS UNWITTINGLY THWART THE CURIOSITY OF CHILDREN.

- *Neil deGrasse Tyson*, *American astrophysicist*

“I HAVE NO SPECIAL TALENT. I AM PASSIONATELY CURIOUS.”

- *Albert Einstein*, *theoretical physicist*