



WEEK 1



Blank paper or student-made YOU MATTER Journals; Pens or pencils.

Prep time: 5 mins.



Use this WEEKLY REFLECTION as a way to allow students to really connect the week's theme and to reflect on the activities they did and the things they learned throughout the week.

## WEEKLY REFLECTION

### 1) SHARE:

- Now that BE A NEWBIE week is over, let's see how we did on our weekly goals.

### 2) RE-SHARE 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".

### 3) USE 1-3 OF THE FOLLOWING QUESTIONS TO LEAD A DISCUSSION IN PAIRS, SMALL GROUPS, AND/OR AS A LARGE GROUP, OR AS JOURNAL OR WRITING PROMPTS:

**\*NOTE:** *Choose questions appropriate to your students' ages, grades, ability levels, and classroom goals.*

- What did you like best about BE A NEWBIE week? Why?
- What strategies have you learned to make BEING A NEWBIE a part of your daily routine?
- Have you become more aware of opportunities to BE A NEWBIE on a regular basis?
  - What have been some of those opportunities?
  - What opportunities did you take to BE A NEWBIE?
- Have you had the chance to change any daily habits or choices to BE A NEWBIE? How so?
- Have you caught yourself wanting to stay in your comfort zone but took the opportunity to GET CURIOUS and BE A NEWBIE?

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- Did you help anyone else GET CURIOUS and BE A NEWBIE? How so?
  - What are some of the challenges you or others might face when trying to GET CURIOUS and BE A NEWBIE on a daily basis?
  - How can you commit to GETTING CURIOUS and BEING A NEWBIE even when you feel unmotivated or afraid?
  - Are you motivated to GET CURIOUS and BE A NEWBIE on a daily basis? How can you commit to this in your daily choices and actions?
  - Are you motivated to help other people GET CURIOUS and BE A NEWBIE? How can you commit to doing this?
  - How will this change how you perceive yourself and your choices, and how others perceive you?
  - Why is it necessary to first GET CURIOUS in order to BE A NEWBIE?
  - Why is it sometimes also necessary to first BE A NEWBIE in order to GET CURIOUS?
  - How can GETTING CURIOUS in order to BE A NEWBIE help you connect to how much YOU MATTER?

**4) THANK STUDENTS FOR RECONNECTING TO THEIR CURIOSITY, AND FOR VIEWING EVERY CHOICE AS AN OPPORTUNITY TO DISCOVER THE WORLD AROUND THEM LIKE THEY ARE EXPERIENCING IT FOR THE FIRST TIME**

**5) CHALLENGE STUDENTS TO CHANGE HOW THEY VIEW THEIR WORLD TO EMBRACE EVERY OPPORTUNITY TO EXPERIENCE NEW PEOPLE, PLACES AND THINGS. ENCOURAGE STUDENTS TO LET GO OF HABITS THAT KEEP THEM IN THEIR COMFORT ZONE AND TO RECONNECT TO THEIR INNER CURIOSITY AND SENSE OF ADVENTURE AND WONDER.**

**“THERE ARE NO SECRETS TO SUCCESS. IT IS THE RESULT OF PREPARATION, HARD WORK, AND LEARNING FROM FAILURE.”**

- COLIN POWELL, FORMER UNITED STATES NATIONAL SECURITY ADVISOR