



WEEK 1



15+ MIN



THIS WEEK: BE A NEWBIE



Students create an invitation to jumpstart a new weekly family tradition that inspires a culture of curiosity and ensures that their family learns or try something new together every week.



Blank paper or cardstock, pencils and drawing materials (colored pencils, markers, crayons)

Total Prep Time: 5 mins.



As this is the first Monday of the month, please consider sharing or re-sharing highlights from the Monthly Kick-Off, and if appropriate, monthly video.

**Special Note:** Communicate to students that “family” can mean biological family, anyone who lives at home with them or any loved ones or friends they consider family.

4 C's		SOCIAL & EMOTIONAL LEARNING		SERVICE LEARNING	
•	Critical thinking	•	Self-awareness		Integrated learning
•	Communication	•	Self-management	•	High quality service
•	Collaboration	•	Social-awareness	•	Collaboration
•	Creativity	•	Relationship skills	•	Student voice
		•	Responsible decision-making	•	Civic responsibility
				•	Reflection
					Evaluation

## GOALS FOR THE WEEK

- 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”.



## **STUDENT ACTIVITY:** **"WEEKLY INVITATION"**

### **1) SHARE THE NAME OF THIS ACTIVITY WITH STUDENTS: WEEKLY INVITATION**

### **2) ASK 1-3 QUESTIONS FROM THE LIST BELOW TO WARM STUDENTS UP ON THE ACTIVITY'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 examples of your family's daily or weekly routines?
- What are some examples of your family's traditions or rituals?
- How often do you try new and exciting things with your family?
- How often do you learn something new with your family?
- What gets in the way of you and your family trying something new?
- How could you invite your family to try something new with you - to see each other and the world in a new light?
- Why is it important to invest in your relationships and proactively INVITE loved ones to try new things together?
- What new things would you like to bring into the lives of you and your family?
- How can you inspire yourself and your family to step out of their comfort zone?
- How can you be more curious with the intention of bringing play, excitement, fun, and meaning to your life?
- How might creating a WEEKLY INVITATION to jumpstart a culture of curiosity in your family help you and your family BE NEWBIES and GET CURIOUS?
- How can making a WEEKLY family tradition to try something new bring you closer together?
- How can you inspire your family to BE NEWBIES and GET CURIOUS?
- How can creating a WEEKLY INVITATION help you connect to how much YOU MATTER?
- How can creating a WEEKLY INVITATION connect your family to how much they MATTER?

### **3) SET UP THE "WEEKLY INVITATION" ACTIVITY:**

- **Explain:**
  - Think of a time when you were CURIOUS about learning something new. You pursued more knowledge about it and learned everything you could learn about it. Think about how excited and happy you were when you learned it. I bet you even shared that new knowledge or skill with a family member or friend. Weren't you excited to share your something new? Your CURIOSITY jump started it to make it happen.
  - Sometimes we get inspired by someone else's CURIOSITY. In a good way, CURIOSITY can be contagious.
  - For this activity, you are going to try to inspire CURIOSITY in others.
- **Ask:**
  - What is something new you would like your family to try to do together? Wouldn't it be amazing if it actually happened?

### **4) START THE "WEEKLY INVITATION" ACTIVITY:**

- **Explain:**
  - Today, you will create a WEEKLY INVITATION to jumpstart a new family tradition that inspires a culture of curiosity and ensures that your family learn or try something new together every week
  - Remember that "family" can mean biological family or any loved ones or friends you consider family.
  - Curiosity might feel strange at first—especially if we're used to staying inside our comfort zones—but there is so much to discover in the world.
  - It's time we get out of our routines and the daily grind and see life as something
  - to uncover and discover every single day. By being more CURIOUS with the intention of bringing play, excitement, fun, our lives become richer.

- In your WEEKLY INVITATION, include the date, time, location and activity for your family to learn or try something new together.
- Your WEEKLY INVITATION activity should be the first of many activities that allow your family to BE NEWBIES together as they GET CURIOUS about something they want to learn or try.
- To jumpstart a culture of curiosity in your family, include a “P.S.” to invite one of your family members to make the next WEEKLY INVITATION.
- For example: “P.S. Next week it’s your turn to choose a new activity or experience for our family to try together. Let’s see how many weeks in a row we can do something new as a family!”
- **Distribute blank paper, pencils and drawing materials (colored pencils, markers, crayons)**
- **Allow about 8 - 12 minutes for students to design their WEEKLY INVITATION.**
- **When time is up, ask for student volunteers to share their WEEKLY INVITATION.**

**5) AFTER THE ACTIVITY, ASK 1-3 OF THE FOLLOWING QUESTIONS TO HELP STUDENTS REFLECT ON WHAT THEY’VE ACCOMPLISHED AND HOW THEY CAN TAKE THIS FORWARD:**

**\*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 was your favorite part of this activity? Why?**
- **What was challenging about this activity? Why?**
- **What was the most unexpected or important lesson you took away from this activity? Why?**
- **How did the activity change your perspective on how to BE A NEWBIE?**
- **How did the activity change your perspective on how you can GET CURIOUS?**
- **Do you plan to proactively learn or try something new with your family every WEEK in the future? Why or why not?**
- **How might trying something new with your family every WEEK help you GET CURIOUS about the world and each other?**
- **How might BEING NEWBIES together help strengthen your relationships?**
- **How might creating a WEEKLY INVITATION that builds a culture of curiosity increase your sense of optimism, joy, community and fulfillment in life?**
- **How might trying something new with your family every WEEK help connect you to how much YOU MATTER?**
- **How might trying something new with your family every WEEK help connect them to how much THEY MATTER?**

**6) THANK STUDENTS FOR SHARING THEIR “WEEKLY INVITATION” IDEAS AND REFLECTIONS WITH THE CLASS. REMIND STUDENTS THAT CURIOSITY MIGHT FEEL STRANGE AT FIRST—ESPECIALLY IF WE’RE USED TO STAYING INSIDE OUR COMFORT ZONES—BUT THERE IS SO MUCH TO DISCOVER IN THE WORLD. ENCOURAGE STUDENTS TO BE MORE CURIOUS WITH THE INTENTION OF BRINGING PLAY, EXCITEMENT, FUN, AND MEANING TO THEIR LIVES.**

**7) ENCOURAGE AND CHECK IN WITH STUDENTS ON ANY PLANS THEY HAVE TO USE THEIR “WEEKLY INVITATION” IDEAS OUTSIDE OF CLASS. CHECK IN WITH STUDENTS ON HOW THEY ARE INTENTIONALLY BRINGING PLAY, EXCITEMENT, FUN, AND MEANING TO THEIR LIFE. CHALLENGE STUDENTS TO GET OUT OF THEIR ROUTINES AND THE DAILY GRIND TO SEE LIFE AS SOMETHING TO UNCOVER AND DISCOVER EVERY SINGLE DAY, AND TO SEE WHAT NEW THINGS THEY CAN BRING INTO THEIR LIFE.**

**8) CONTINUE EXPLORING HOW TO HELP OTHERS “BE A NEWBIE” BY LEADING ONE OR MORE OF THE FOLLOWING EXTENSION IDEAS.**



## EXTENSION IDEAS:

**DO ONE OR MORE OF THESE EXTENSION IDEAS TO BRING THE LESSON FROM 15 MINUTES TO 30 MINUTES OR MORE.**

- 1) Family Fieldtrip:** Students plan a (free) weekend activity or outing for their family. Instead of simply asking parents or caretakers to take them somewhere or do something with them, students plan and coordinate the details of a family fieldtrip, including travel details, hours of admission (if any) and what day and time works for everyone.
- 2) First Date with Family:** Students get curious about a close relative or friend and plan a series of questions to ask them to get to know them on a deeper or different level.
- 3) Love Makes a Family:** Watch the Love Makes a Family Read Along Video, (<https://www.youtube.com/watch?v=yzTNWAjZS6M&feature=youtu.be>) and have students discuss who they consider family and what makes those people and relationships feel like family. Students can also use the read along video as inspiration to illustrate their own book to write and draw examples of what makes their family unique and loving.
- 4) Role play:** Student pairs practice presenting their invitation to family members by role-playing worst-case and best-case scenarios to brainstorm solutions, overcome fears and get excited about sharing their invitation with family.

**“ THE PURPOSE OF LIFE IS TO LIVE IT, TO TASTE EXPERIENCE TO THE UTMOST, TO REACH OUT EAGERLY AND WITHOUT FEAR FOR NEWER AND RICHER EXPERIENCE. ”**

**- ELEANOR ROOSEVELT, FORMER FIRST LADY OF THE UNITED STATES (WIFE OF PRESIDENT FRANKLIN D ROOSEVELT)**