



Students participate in a party to celebrate efforts they've made in the past.



Party supplies (streamers, banners, balloons, etc); Music; Snacks (optional).



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 [www.everymondaymatters.org](http://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. If you are providing snacks, please be mindful of dietary and nutritional needs.

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

- 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”



## **STUDENT ACTIVITY:** **“CELEBRATE OURSELVES”**

### **1) SHARE THE NAME OF THIS ACTIVITY WITH STUDENTS: “CELEBRATE OURSELVES”**

### **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.*

- **Can you think of a time when you did something that took a lot of “EFFORT”?**
  - What was it?
  - What kinds of “EFFORTS” did it take?
  - What was the end result?
  - How did you feel about your “EFFORTS”?
- **Can you think of a time when you saw a friend or family member making really great “EFFORTS” to improve some aspect of their life?**
  - What kinds of “EFFORTS” did they make?
  - How did you know those “EFFORTS” were genuine and sincere?
  - What were your feelings toward that person as they were putting forth that “EFFORT”?
  - Did they ever have any kind of “CELEBRATION” for those “EFFORTS”?
  - If not, how might they have been able to “CELEBRATE”?
- **What kinds of “CELEBRATIONS” can you think of that usually have a party?**
  - Possible answers: Birthday party, bar mitzvah, baby shower, retirement, new job, wedding, quinceañera, housewarming party, etc.
- **Have you ever had a “CELEBRATION” just because you made an “EFFORT” to do something?**
  - How were your “EFFORTS” “CELEBRATED”?
  - What words did you hear and/or actions seen that “CELEBRATED” your “EFFORTS”?
- **Have you ever had a “CELEBRATION” for a friend for their “EFFORTS”?**
  - How were their “EFFORTS” “CELEBRATED”?
  - What words did you hear and/or actions seen that “CELEBRATED” your friend’s “EFFORTS”?
- **What are some reasons we should “CELEBRATE” our “EFFORTS”?**
- **How might seeing someone “CELEBRATE” your “EFFORTS” help you to feel “EMPOWERED”?**
  - How could your “CELEBRATION” of someone else help them to also feel that “EMPOWERMENT”?
- **How could throwing a “CELEBRATION” for “OURSELVES” and our friends just for our “EFFORTS” remind us, YOU MATTER?**

### **3) SET UP THE “CELEBRATE OURSELVES” ACTIVITY:**

- As our good friend Yoda once said, “Do or do not. There is no try.”
- But we are inclined to disagree, because trying and making “EFFORTS” is part of the doing
- In fact, without all the “tries” and “EFFORTS”, we would never get anywhere, and we certainly wouldn’t achieve our goals
- Each of us has done something worth “CELEBRATING” that took “EFFORT” and maybe even multiple tries to get right
- So today, let’s just “CELEBRATE” those small victories!
- **Ask:**
  - Who and how could you “CELEBRATE THE EFFORT” today?

### **4) START THE “CELEBRATE OURSELVES” ACTIVITY:**

- Today, we’re going to “CELEBRATE OURSELVES” by having a party for one another and “OURSELVES” as a collective group.
- It might feel strange to “CELEBRATE” your own accomplishments, but remember: WE MATTER, and being “EMPOWERED” through our diligent “EFFORTS” lifts others.

- Before beginning this activity, decorate the room with streamers, banners, balloons, etc., set out snacks, and have music playing
- If you used last week's "Stories of Courage" activity, remind students to bring their "My Story of Courage" paper for today's "CELEBRATION"
- If students don't have their stories, they can still share their story orally.
- Ask preliminary questions in a separate room, then lead the students into the decorated room
- Tell them this party is just for them to "CELEBRATE" the efforts they've made, and they'll get to "CELEBRATE" each other's "EFFORTS".
- Have students share out their "My Story of Courage", let them come up one by one and read it in front of the group
- Then let them call on two friends who can add to their story of courage in a "CELEBRATORY" way
- For example, "I remember when you were going through that and I noticed you became stronger because of it" or "I didn't know you overcame that, but it tells us a lot about how determined you are"
- If students did not remember to bring their "My Story of Courage" paper, or if you didn't do that activity, allow them each to come up and share something they have done that they are proud of and that required great "EFFORT"
- After each one, make sure the student gets proper recognition and individual "CELEBRATION" (this could be done with a small gift, an "EMPOWERING" quote they can hang up, a special applause, or by the other students cheering for them)
- If time allows, let students dance, mingle, and "CELEBRATE".

**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 thoughts or feelings did you have about our "CELEBRATE OURSELVES" party?
- How did it make you feel to be a part of "CELEBRATING" someone else's "EFFORTS"?
- Had you ever done something like this before?
- Would you do it again?
- What other "EFFORTS" from your own life could you choose to "CELEBRATE"?
- Is there someone from your own life (who was not here today) whose "EFFORTS" you would like to "CELEBRATE"?
- How will you do it?
- When will you do it?
- Who else will be involved?
- Did anyone mention "EFFORTS" that were similar to your own?
- What did you learn about us as a group today?
- In what ways was our party "EMPOWERING"?
- Who could we throw this kind of party for in the future?
- How were you able to demonstrate to others today, YOU MATTER?
- How do you view your "EFFORTS" differently now than when we started this activity?
- What are some other ideas you have for "GETTING EMPOWERED" this month?

**6) THANK STUDENTS FOR TAKING THE TIME TO RECOGNIZE EACH OTHER'S "EFFORTS" AND ATTEMPTS, AND FOR "CELEBRATING" THOSE "EFFORTS. REMIND THEM THAT EACH "EFFORT" IS A SMALL VICTORY AND CAN LEAD TO SOME PRETTY INCREDIBLE THINGS IN THEIR LIVES.**

- 7) **CHALLENGE STUDENTS TO ACTIVELY RECOGNIZE THEIR OWN “EFFORTS” AND THE “EFFORTS” OF FAMILY AND FRIENDS, AND TO “CELEBRATE” THEM, HOWEVER QUIET THAT “CELEBRATION” MAY BE. CHALLENGE THEM ALSO TO FIND SOMEONE ELSE TO THROW A PARTY FOR AND TO HELP THAT PERSON FEEL “EMPOWERED” ABOUT THEIR ABILITIES.**
- 8) **CONTINUE EXPLORING HOW TO HELP OTHERS "CELEBRATE THE EFFORT" 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) **Personal Cheer Squad:** Let students come up with a proper “CELEBRATORY” cheer or short song for each student who shares. This should be brief but powerful, and should recognize the “EFFORT” students have put into their various goals and accomplishments.
- 2) **Spread the Celebration:** Supply students with art supplies to make cards for other students at the party.
- 3) **Celebrate Others:** Allow students to plan a surprise party for a teacher or staff member who goes above and beyond with their “EFFORTS”, and make it happen!

**“ MY WHOLE TEACHING IS THIS:  
ACCEPT YOURSELF, LOVE YOURSELF,  
AND CELEBRATE YOURSELF. ”**

- OSHO