



WEEK 5



MONDAY GETS EMPOWERED



THIS WEEK: BE THE INSPIRATION



In this whole class gallery walk, students will practice praise by walking to different stations around the classroom and write what makes each of their peers unique and valuable to others - in order to inspire and empower them.



Set up 3 - 6 stations with chart paper and markers around the classroom, and write several student names on each piece of chart paper so that each student's name is written just once. Double-check students' names. ***In the Extension Ideas, there is a link to a video. Please preview the video to make sure it is appropriate for your students.

Total Prep Time: 5 mins.



As this is the fifth Monday of the month, please consider sharing or re-sharing highlights from the Monthly Kick-Off, and if appropriate, monthly video. *We want students to have the freedom to praise each other, however, you may want to monitor what they are writing to their peers.

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

- 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".





STUDENT ACTIVITY: **“PRACTICE PRAISE GALLERY WALK”**

1) SHARE THE NAME OF THIS ACTIVITY WITH STUDENTS: “PRACTICE PRAISE GALLERY WALK”

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 is gratitude?**
- **What is “PRAISE”?**
 - Definition: (v) express warm approval or admiration of
(Taken from <https://www.lexico.com/en/definition/praise> on 9/13/19)
 - What is the difference between giving praise and giving a compliment?
- **Have you ever thought something kind about someone but chose not to tell them?**
 - In other words, have you ever thought about complimenting or “PRAISING” someone but didn’t?
 - What prevented you from “PRAISING” them?
- **What might it mean to practice “PRAISE”?**
- **Has someone ever made you feel “EMPOWERED” or “INSPIRED”? How so?**
- **How can you be the positive “INSPIRATION” for others that someone else has been for you?**
- **How can you share the message of positive empowerment with other people?**
- **Since so many people want to be “EMPOWERED” and live a full life, how can you be the person who shows them how they can do it?**
- **What are some ways you can find yourself a cheerleader, a friend, and a bunch of supporters and fans?**
- **How can you be a cheerleader for other people that you care about?**
- **How can you be a cheerleader for other people that you don’t know well?**
- **How might “PRACTICING PRAISE” help you “BE THE INSPIRATION”?**
- **How might “PRACTICING PRAISE” help you “GET EMPOWERED”?**
- **How might “PRACTICING PRAISE” connect you to how much “YOU MATTER”?**
- **How might “PRACTICING PRAISE” connect others to how much “THEY MATTER”?**

3) SET UP THE “PRACTICE PRAISE GALLERY WALK” ACTIVITY:

- **Explain:**
 - Think of a time when you received praise from someone. How did it feel? Did the praise bring a smile to your face or make you stand a bit taller? Receiving praise makes us feel good about ourselves. We feel more confident and “EMPOWERED” to continue doing what we’re doing.
 - It’s not always easy to give praise or even receive praise. You may feel like you’re being put on the spot. However, if we are able to “PRACTICE PRAISE” and receive “PRAISE”, think about how much more “EMPOWERED” we will be together.
 - Ask: What have you noticed about a peer that you admire? How can you share that thought with your peer to “EMPOWER” them?

4) START THE “PRACTICE PRAISE GALLERY WALK” ACTIVITY:

- **Explain:**
 - Today, you will practice noticing and sharing the little things about people that make them shine. You will realize that you can “INSPIRE” someone else by simply seeing and voicing appreciation for them.
 - Your peers may not realize that their constant optimism, kindness, thoughtfulness, boldness, or enthusiasm “INSPIRES” others. Tell them.
 - Help your peers realize that just by being themselves, they are a gift and “INSPIRATION” to those around them.

- In today's whole class gallery walk, you will "PRACTICE PRAISE" by walking to different stations around the classroom to write what makes each of their peers unique and valuable to others – in order to "INSPIRE" and empower them.
- Set up 3 – 6 stations with chart paper and markers around the classroom.
- Write several student names on each piece of chart paper so that each student's name is written just once.
- Divide students amongst the 3 – 6 chart paper stations
- Instruct students to "INSPIRE" and "EMPOWER" their peers by writing what makes each of their peers unique and valuable to others under each name on their chart paper
- Give students 2 – 3 minutes at each chart paper station before instructing them to move to the next station

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?
- Did this activity change your perspective on how to "PRACTICE PRAISE" How so?
- Did this activity change your perspective on how you can "BE THE INSPIRATION"? How so?
- Will this activity inspire you to proactively "BE THE INSPIRATION" in the future? How so?
- How might striving "BE THE INSPIRATION" help you "GET EMPOWERED"?
- How might "BEING THE INSPIRATION" help others "GET EMPOWERED"?

6) THANK STUDENTS FOR SHARING THEIR "PRACTICE PRAISE GALLERY WALK" IDEAS AND REFLECTIONS WITH THE CLASS. REMIND STUDENTS THAT SO MANY PEOPLE WANT TO BE EMPOWERED AND LIVE A FULL LIFE AND THAT THEY CAN BE THE PERSON WHO SHOWS THEM HOW TO DO IT.

7) ENCOURAGE AND CHECK IN WITH STUDENTS ON ANY PLANS THEY HAVE TO USE THEIR "PRACTICE PRAISE GALLERY WALK" IDEAS OUTSIDE OF CLASS. CHECK IN WITH STUDENTS TO SEE HOW THEY HAVE SHARED THE MESSAGE OF POSITIVE EMPOWERMENT AND BEEN THE POSITIVE INSPIRATION FOR OTHERS THAT SOMEONE ELSE HAS BEEN FOR THEM.

8) CONTINUE EXPLORING HOW TO HELP OTHERS "BE THE INSPIRATION" 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) Life Coach:** Partners share their short and/or long term goals with each other and make an action plan for each other to accomplish their goal. As each partner takes steps towards those goals, the other partner provides praise and encouragement.
- 2) Circle of Praise:** Students get in the habit of giving positive affirmation by taking turns around the classroom to genuinely give praise to one another.
- 3) Film Clip Discussion:** Watch the "Eighth Grade" film clip (start at one minute) and discuss: "In what ways are you your own harshest critic? What are some character traits you view as weaknesses or flaws that you could start seeing as strengths? How can you use what makes you unique to get inspired and empowered?"

“ FEELING GRATITUDE AND NOT EXPRESSING IT IS LIKE WRAPPING A PRESENT AND NOT GIVING IT. ”

- WILLIAM ARTHUR WARD