



WEEK 4



15+
MIN



MONDAY
GETS
CURIOUS



THIS WEEK: START A HOBBY



Students make an A-Z list of hobbies. Then students will choose one to work on for the next week.



Pencils and/or pens; A-Z Hobbies Worksheet - one per student.

Total Prep Time: 5 mins.



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. 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.

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

- Learn about and choose new hobbies that will add value and joy.
- Cultivate curiosity that results in new pursuits.
- Discover how our hobbies and interests can benefit others.
- Understand how START A HOBBY is an important part of this month's theme, MONDAY GETS CURIOUS.



STUDENT ACTIVITY: **“HOBBIES FROM A-Z”**

1) SHARE THE NAME OF THIS ACTIVITY WITH STUDENTS: HOBBIES FROM A-Z

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 HOBBIES you have right now?
- How do you make time for your HOBBIES?
- How have your HOBBIES brought good things to your life?
- How can our interests and HOBBIES help us to understand ourselves better?
- In what ways does CURIOSITY spark our HOBBIES?
- How does having a HOBBY help keep your life balanced and interesting?
- Think back to a time when you STARTED A HOBBY.
 - What kinds of things helped you get STARTED?
 - What kind of things helped you maintain your HOBBY?
- How do you think your life could improve by having HOBBIES?
- How does practicing and enjoying your HOBBIES let you know, I MATTER?

3) SET UP THE “HOBBIES FROM A-Z” ACTIVITY:

- Imagine a day where you had time to do whatever you wanted to do.
- Chances are good that the activity you chose is something you really enjoyed, something that relaxed you, and was really fun.
- The activity you chose is a HOBBY.
- HOBBIES, when we make time for them, add value to our lives.
- They help us know more about ourselves, our personalities, and interests.
- Some HOBBIES lead us toward a career, and some are just for fun.
- Maybe you have a lot of HOBBIES already, but it's never too late to START a new one.
- **Ask:**
 - What is the first thing that comes to mind when you think of a new HOBBY?

4) START THE “HOBBIES FROM A-Z” ACTIVITY:

- Today, we'll make an A-Z list of activities/interests we could try out as HOBBIES.
- Brainstorm activities and interests that you've been CURIOS to try but have never done.
- Then you'll choose one from your list to try for the next week.
- Give each student a copy of the HOBBIES FROM A-Z HANDOUT.
- Instruct students to think of some HOBBIES they'd like to try.
- Write a HOBBY that begins with each alphabet letter or as many as they can think.
- Encourage students to just let the ideas flow.
- ***NOTE: It may be helpful for students to brainstorm together.
 - Let students know they should strive to get all 26 letters filled in, but if they don't, it's okay.
 - When they have completed their lists, have them circle one they're willing to START. They could try the new activity for a week.
 - Have students write down what they need in order to START their NEW HOBBY. (Materials, supplies, training, lessons, instructional videos, etc.)
 - Have students share their lists with a partner or the group.

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.*

- **How did making a list of HOBBIES from A-Z help you get excited about something new to pursue?**
- **What HOBBY did you choose to try out this week?**
 - Why did you pick it?
 - What about that HOBBY made you CURIOUS?
- **Are there any HOBBIES you wrote that you might want to try in the future?**
- **Which HOBBIES are related to things you already enjoy doing?**
 - Which HOBBIES were completely new?
- **Did anyone else put something on their list that you'd want to try?**
- **Do you know how to begin working on the HOBBY you chose?**
 - Will you need additional support, lessons, or materials?
 - How will you go about getting the lessons, support, or materials you need?
- **How has today's activity shown you, I MATTER and so do my interests?**
- **What about today's activity most piqued your CURIOSITY?**

6) THANK STUDENTS FOR BEING "CURIOUS" ABOUT THEIR OWN INTERESTS AND FOR WORKING TO THINK OF SO MANY "HOBBIES" TO TRY. REMIND THEM THAT "HOBBIES" HELP BALANCE OUR LIVES AND PROMOTE HEALTHY "CURIOSITY" ABOUT WHO WE ARE AND WANT TO BE.

7) CHALLENGE STUDENTS TO COMMIT TO HAVING FUN IN THEIR NEW "HOBBY" AND TO FIND OTHER WAYS TO "GET CURIOUS" ABOUT THEIR OWN INTERESTS, PASSIONS, AND ABILITIES.



EXTENSION IDEAS:

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

- 1) **Color Me Hobbies:** Have students illustrate each of the A-Z HOBBIES they wrote.
- 2) **Hobby Art:** Make a My HOBBY MATTERS because... poster. Let students write why their HOBBY MATTERS. (THINK: How will students benefit from doing the HOBBY? Example: Learning to sketch will help me relax. It will exercise a different part of my brain. It will help me be more artistic.)
- 3) **The Hobby Challenge:** Challenge students to do all the HOBBIES that are in the letters of their name (for example, "Alex" would do his "A", "L", "E", and "X" "HOBBIES").
- 4) **My Hobby:** Let students gather photo evidence as they do their HOBBIES and compile a book or make a social media page dedicated to them.

**“ TRY THEM, TRY THEM, AND YOU MAY!
TRY THEM AND YOU MAY, I SAY! ”**

- DR. SEUSS, AMERICAN AUTHOR



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