



No materials required.

Prep Time: 0 mins.



As this is the third 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.

WEEKLY KICK-OFF

- 1) **SHARE THIS WEEK'S THEME WITH STUDENTS: CHANGE YOUR ROUTINE**
- 2) **ASK 1-3 OF THE FOLLOWING QUESTIONS TO HELP STUDENTS EXPLORE THE WEEK'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 a ROUTINE?**
 - Possible answers: steps that we take on a regular basis to accomplish things; a procedure; it's what we do to stay on task
- **What is a PRIORITY?**
 - Possible answer: Something that is considered very important.
- **What is a PRIORITY for you, personally? (Example: It's important for me to do well in my schoolwork. It's important for me to do well on my team.)**
 - What is a PRIORITY for you at home? At school?
- **What types of ROUTINES do you do at home? At school?**
 - Do you have ROUTINES when you play? What are those ROUTINES?
 - What ROUTINES do we have in our community?
- **Why are ROUTINES important?**
- **What happens when there is not a ROUTINE?**
 - How does it feel when there is not a ROUTINE versus when there is a ROUTINE?
- **Do you think all ROUTINES are good or beneficial?**
 - Why or why not?

- **How are our priorities and ROUTINES connected?**

- Possible response: Our priorities drive our ROUTINES. We have ROUTINES for the things that are important to us. (For example: A priority is to have strong and healthy teeth. So, I have ROUTINES for brushing my teeth, drinking milk, and not eating too much sugar.)

- **Is CHANGING A ROUTINE an easy task or a difficult task?**

- Why do you think so?

- What might be an OBSTACLE(S) to CHANGING A ROUTINE?

- **Are there ROUTINES in your life that you think you would like to CHANGE?**

- Why would you like to CHANGE those ROUTINES?

- What will it take for you to CHANGE that ROUTINE?

- **Are there ROUTINES in school, at home, or in our community that you like to see CHANGED?**

- **How can we connect GETTING CURIOUS and CHANGING A ROUTINE?**

- **How does GETTING CURIOUS impact one's ROUTINE?**

- **How does CHANGING YOUR ROUTINE matter?**

3) READ THE WEEKLY INTRODUCTION ALOUD OR ASK A STUDENT TO DO SO:

When we commit to living a curious life, we're committing to make some serious shifts. We're deciding to live our lives with our eyes open and with different priorities. This week, we're examining what our priorities are as we get curious and CHANGE OUR ROUTINE. When you know what your priorities are and commit to living them out, it's natural to have to switch some things around. Maybe you turn off the TV a half hour earlier to do yoga in the evening because you're committing to being healthier. Or, maybe you carpool to work instead of driving because you have a new priority of lowering your carbon footprint. Whatever it is, by changing up how you live your life, you open yourself up to new ways of thinking, new people, and new discoveries all around. This week change things up and see what happens. Changing your routine matters.

4) REVIEW HOW THIS WEEK SUPPORTS THE MONTH'S THEME OF "MONDAY GETS CURIOUS":

- **Explain:**

- We all have ROUTINES we do from the beginning to the end of our day.

- We have ROUTINES for getting to school or work. We have ROUTINES for preparing and eating meals, doing homework, practicing our sports, doing our hobbies, and even brushing our teeth.

- Our ROUTINES help us accomplish the things that are important to us - our priorities.

- Our ROUTINES and habits can tell someone about our personality, our attitude, our productivity, and how successful we might be.

- Our ROUTINES and habits are how we intentionally spend our time.

- At times, due to circumstances, we change our ROUTINES. Sometimes it turns out great and sometimes not so great.

- When we want to do something new, it takes sacrifice, commitment, and flexibility to changing an existing ROUTINE to fit in that something new.

- If we are committed, we shift things around, let other things go, and make time to integrate that new priority into our day and create a new ROUTINE.

- **Ask:**

- Why do you think our ROUTINE matters to GETTING CURIOUS?

5) PRESENT THE WEEKLY GOALS:

- Learn how we develop ROUTINES and how they impact others.
- Evaluate your existing ROUTINES and determine if they help you reach your goal of living a CURIOUS life.
- Discover new ROUTINES that may positively impact how you see and think about the world around us.
- Understand how CHANGE YOUR ROUTINE, is an important part of this month's theme, MONDAY GETS CURIOUS.

**“WHEN YOU CURIOUS,
YOU FIND LOTS OF
INTERESTING THINGS
TO DO.”**

**- WALT DISNEY,
AMERICAN ENTREPRENEUR**