



WEEK 4



MONDAY
GETS
CURIOUS

THIS WEEK: START A HOBBY



No materials required.

Prep Time: 0 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.

WEEKLY KICK-OFF

1) SHARE THIS WEEK'S THEME WITH STUDENTS: **START A HOBBY**

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 HOBBY?

- Answer: A HOBBY is something you do for fun in your spare time.

• What are some HOBBIES you have currently or have had in your life?

• What is a HOBBY you enjoy doing with friends or family?

• How have you kept your HOBBIES going strong?

• Why is it important to START new HOBBIES from time to time?

• What kinds of things might prevent us from beginning a new HOBBY?

• How can you prioritize your time so that you have time for things you love to do?

• What are some new HOBBIES you'd like to try?

• How might STARTING A HOBBY improve your life?

- How could it help you make a mark in the world?

• What is the difference between a HOBBY and a talent?

• In what ways does having CURIOSITY help when you're STARTING A HOBBY?

- How does being CURIOUS help your HOBBY develop and become more fun?

• How would dipping your toes into a new HOBBY help you discover that YOU MATTER?

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

Hobbies are delightful activities. They build on our natural curiosity and bring excitement and joy into our lives in lots of different ways. This week be **CURIIOUS** in a new way and **START A HOBBY**. The wonderful thing about hobbies is that they're activities that we develop based on our interests. Hobbies are great places to connect to other people and build community. For example, you have a **CURIOSITY** about photography. You take a class to learn more about it. You find others who also have the same interest. You may schedule an outing together to take pictures. When you join a book club, you're joining a community of people who are excited to investigate the world through literature. This week find not just what interests you, but what you can do with those interests. Build out a new and **CURIIOUS** part of your life. **STARTING** a **HOBBY**, matters.

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

• **Explain:**

- Each of us has talents and accomplishments that makes us proud.
- And we each have **HOBBIES**, too--things we just love to do, even if we aren't great at them.
- A **HOBBY** could be something like playing board games with family or friends, dabbling in music, sketching or painting, skateboarding, or hiking.
- Really, it's what you choose to do with your free time and find most interesting.
- When you find and **START** that activity, you naturally want to learn more about it.
- Your **CURIOSITY** grows as you begin working on and improving your skills at doing your **HOBBY**. That makes it even more enjoyable
- So this week, we'd like to encourage you to find and **START** a new **HOBBY**

• **Ask:**

- What **HOBBY** have you been **CURIIOUS** about or wanting to try?

5) PRESENT THE WEEKLY GOALS:

- **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 CURIIOUS**.**

**“YOU SERVE THE MOST
WHEN YOU DO WHAT YOU
LOVE THE MOST.”**

- MARIA BELLO, AMERICAN ACTRESS