



WEEK 3

15
MIN



MONDAY
GETS
CURIOUS

THIS WEEK: CHANGE YOUR ROUTINE



Blank paper or student-made YOU MATTER Journals; Pens or pencils.

Prep time: 5 mins.



Use this WEEKLY REFLECTION as a way to allow students to really connect the week's theme and to reflect on the activities they did and the things they learned throughout the week.

WEEKLY REFLECTION

1) SHARE:

- Now that CHANGE YOUR ROUTINE week is over, let's see how we did on our weekly goals.

2) RE-SHARE 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.

3) USE 1-3 OF THE FOLLOWING QUESTIONS TO LEAD A DISCUSSION IN PAIRS, SMALL GROUPS, AND/OR AS A LARGE GROUP, OR AS JOURNAL OR WRITING PROMPTS:

***NOTE:** *Choose questions appropriate to your students' ages, grades, ability levels, and classroom goals.*

- In what ways did you GET CURIOUS this week?
- Did you CHANGE YOUR ROUTINE so that you could GET CURIOUS?
 - In what ways did you CHANGE YOUR ROUTINE?
 - What was it like CHANGING YOUR ROUTINE?
 - Did you have to sacrifice your time doing something in order to GET CURIOUS?
 - What did you sacrifice? Do you miss it?
- Were you able to support someone else's ROUTINE?
 - Or were you a disruptor?
 - If you were able to support someone else's ROUTINE, what did you do to support their ROUTINE?

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- **Did you support a group's (your family, sports team, band, dance group) ROUTINE this week?**
 - What did you do to support the group's ROUTINE?
 - What was it like supporting the group's ROUTINE?
 - **Do you feel like you are better prepared to CHANGE YOUR ROUTINE in order to GET CURIOUS?**

4) THANK STUDENTS FOR MAKING THE EFFORT TO "CHANGE YOUR ROUTINE" THIS WEEK, BOTH FOR THEMSELVES AND OTHERS. WHEN WE SUPPORT ONE ANOTHER IN OUR ROUTINES, WE CREATE A STRONGER COMMUNITY AND WORLD.

5) CHALLENGE STUDENTS TO "CHANGE YOUR ROUTINE" IN ORDER TO PURUSE A CURIOSITY. THERE IS SO MUCH IN THE WORLD THAT'S AMAZING. WHEN WE TAKE THE OPPORTUNITY TO GET CURIOUS, WE EXPAND OUR BRAINS. WHEN WE "CHANGE OUR ROUTINE" WE'RE OPENING OURSELVES UP TO NEW LEARNING.

“CHANGE WILL NOT COME IF WE WAIT FOR SOME OTHER PERSON, OR IF WE WAIT FOR SOME OTHER TIME. WE ARE THE ONES WE'VE BEEN WAITING FOR. WE ARE THE CHANGE THAT WE SEEK.”

- BARACK OBAMA, FORMER U.S. PRESIDENT