



No materials required.

Prep Time: 0 mins.



As this is the second Monday of the month, please consider sharing the Monthly Kick-Off activity and if appropriate, video at www.everymondaymatters.org.

WEEKLY KICK-OFF

- 1) **SHARE THIS WEEK'S STRATEGY WITH STUDENTS: MAKE TIME**
- 2) **CONSIDER ASKING 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 does it mean to **MAKE TIME** for something?
- What are some things you **MAKE TIME** for every day?
- In your opinion, what are the most important things to **MAKE TIME** for?
- What is the opposite of **MAKING TIME** for the people and things that **MATTER** most?
- What are some specific ways you do not **MAKE TIME** for the people and things that **MATTER** most?
- How can individuals **MAKE TIME** for their friends, family and loved ones even if they have seemingly no extra time in the day?
- What are some ways you and your friends and family **MAKE TIME** for each other on a daily basis - despite busy schedules?

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

When people are asked how they would have lived any stage of their life differently or what they regret the most, their answers usually relate to how they spent their time. Some of the most common responses include: I wish I hadn't worked so hard; I wish I had stayed in better touch with my friends; I wish I had spent more time with the ones I love the most; or I wish I had pursued my passions more. So, in the spirit of love, it's time for all of us to **MAKE TIME**. It isn't necessarily easy to embrace the concept, but time is

not infinite when it comes to our journey on this planet. We each get 1,440 minutes a day and hopefully get to enjoy as many days as possible. But living without regrets starts with our choices right here and now. Spending time on ourselves to pursue our passions, live more authentically, and find more joy and happiness, matters. Spending time with and being more present for the ones we care and love, matters. So take this opportunity to be mindful of each and every moment and make sure you are making enough time for the things that matter most to you. Really love every time you walk your dog or pet your cat. Really love every meal you have with someone you care about. Really love laughing and playing and having fun. And, do more of it. Making time matters.

4) REVIEW HOW THIS WEEK SUPPORTS THE MONTH'S THEME OF "GET LOVING":

- **Explain:**

- Sometimes our lives can be so busy or stressful that it seems impossible to MAKE TIME for the people and things we LOVE the most in the world.
- Believe it or not, no matter how little time you have, you can always MAKE TIME for the people and things you LOVE.
- This week, you will learn ideas and strategies to MAKE TIME for the things that MATTER most in life, and nothing MATTERS more than MAKING TIME for LOVE.

- **Ask:**

- Since this month is about GETTING LOVING what might it mean to MAKE TIME?
- What are some specific ways you could MAKE TIME to GET LOVING?
- Why is it important for individuals and families to intentionally and proactively choose to MAKE TIME to GET LOVING on a daily basis?
- How might your life change by proactively MAKING TIME to GET LOVING on a daily basis?
- How might MAKING TIME to GET LOVING help connect you to how much YOU MATTER?
- How might MAKING TIME to GET LOVING help others connect to how much THEY MATTER?

5) PRESENT THE WEEKLY GOALS:

- **Discover ways to MAKE TIME for underappreciated people that helps them know YOU MATTER.**
- **Engage with communities in need by sending them heartfelt letters that convey WE MATTER.**
- **Understand how MAKING TIME to foster love through meditation shows that I MATTER.**

“TODAY, I WILL BEHAVE AS IF THIS IS THE DAY I WILL BE REMEMBERED.”

**- DR. SEUSS,
CHILDREN'S BOOK AUTHOR AND ILLUSTRATOR (1904 - 1991)**