



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 STRATEGY WITH STUDENTS: CURATE COMPASSION**
- 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 do the words COMPASSION or COMPASSIONATE mean to you?**
 - Note: COMPASSION means having an awareness of others' struggle/suffering, together with a desire to ease (reduce) it. COMPASSIONATE describes a person who has COMPASSION.
- **Who do you personally know that demonstrates COMPASSION for others?**
- **What are some ways we can show COMPASSION where we live (ie. our homes, community, and world)?**
- **When was a time that someone did something COMPASSIONATE for you or your loved ones?**
- **How did that action demonstrate their LOVE for you?**
- **Do you feel like COMPASSION for others is common in our society? Why or why not?**
- **How can you notice the COMPASSION that happens around you more regularly?**
- **Can you think of anyone who could benefit from your COMPASSIONATE heart this week?**

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

We are curators of our lives. None of us start in the same place or get to the same place, but we all have the ability to choose what our lives become. It may seem like some more than others, but there is a certain level of agency in each of us. Much like a curator in a museum who selects the art or artifacts, organizes the exhibit, and holds great responsibility and accountability for all of it, we get to do the same for our own lives. We do this because we matter. Our actions, words, and thoughts all matter.

And, from this place of self-empowerment, guided by the need for more love in our lives, we can also **CURATE COMPASSION**. There are people all over the world that need our love, concern, and support. This might be someone in our family or a friend. It might be a total stranger on the street in our community. Or it might be a group of people or culture halfway around the world. But let's not let our definition of compassion be based in a sense of pity or sympathy. This is purely a matter of understanding that we are all humans. We are all part of the same team and species. And when one of us hurts, we all do. True compassion understands that when we raise the level of the water, all boats rise. It's a "we" thing. So let's look outside of ourselves to bring more compassion to everyone and everything. Curating compassion matters.

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

• **Explain:**

- Regardless of what our circumstances are in this life, from time to time, we have all gone through something troubling or difficult.
- And when those things happen, our lives are lifted and blessed by people around us who are willing to show **COMPASSION** for our situation.
- That is, they noticed us, recognized something wasn't quite right, and **LOVINGLY** responded to our needs.
- Accepting those **LOVING, COMPASSIONATE** gestures can give us the strength to get through really tough stuff.
- And every single day, we have the chance to do the same for others.
- When you see someone struggling (physically, mentally, emotionally, socially, or in any other way), your hands can be the hands that lift that person.
- You don't need to wait for someone else to step in, in order to be **LOVING**.
- You have the capacity to do **LOVING** and **COMPASSIONATE** things every day, even for people who may be difficult for you to **LOVE**.
- In fact, the truth is that everyone needs our **COMPASSION**, not just a select few.
- So this week, we'll practice doing small things that **CURATE** (display) **COMPASSION**, first by noticing others, then proactively responding to their needs.
- And with one action at a time, that **COMPASSION** will build within you a **LOVING** heart that notices things before anyone else does.

• **Ask:**

- What is one thing you can do today to notice and respond **COMPASSIONATELY** to someone?

5) PRESENT THE WEEKLY GOALS:

- **DISCOVER** what it means to be truly **COMPASSIONATE** toward others in order to alleviate suffering.
- **ENGAGE** with others in meaningful, unselfish, and **LOVING** ways.
- **UNDERSTAND** how **CURATE COMPASSION** is an important part of this month's theme, **MONDAY GETS LOVING**.

“BE KIND, FOR EVERYONE YOU MEET IS FIGHTING A HARDER BATTLE.”

- PLATO, GREEK PHILOSOPHER