



No materials required.

Prep Time: 0 mins.



As this is the fourth 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: CELEBRATE LOVE**
- 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 **CELEBRATE LOVE**?
- What are some examples of **CELEBRATING LOVE**?
- What is the opposite of **CELEBRATING LOVE**?
- What might make it difficult to **CELEBRATE LOVE** and **GET LOVING** on a daily basis?
- In other words, what are some examples of the things that get in the way of our ability or desire to **CELEBRATE LOVE**?
- How can we remind ourselves to spend time every day **CELEBRATING LOVE**?
- Why is it important to intentionally and proactively choose to **CELEBRATE LOVE**?

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

When we think about the absolute best times in our lives, we were most likely surrounded in joyful love. Maybe it was a birthday party, a wedding, a big achievement in something that meant a lot to us, or it was just spending meaningful time with great friends or family members. The interesting part is that when we think about the worst times in our lives, there is a good chance that we were also surrounded by love. Although potentially a little less joyful, this kind of love might have been supportive and filled with hope. Maybe we lost a loved one or a pet. Maybe we had our heart broken. Maybe we didn't perform as well as we wanted. Moments like these allowed for someone else to step into our lives and love us. And, ultimately, if we didn't have love in the first place, none of these experiences would have hurt.

We hope you are catching on here, because love is everywhere and it impacts our lives every single day. So, let's CELEBRATE LOVE. Let's notice LOVE more readily. Let's cheer for it. Let's create more of it. Let's be thankful and grateful for it. For it is love that brings so much joy and light to our lives and to the world. CELEBRATING LOVE matters.

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

• **Explain:**

- The best way to CELEBRATE LOVE is to GET LOVING to yourself and the people in your life.
- You can choose to view every interaction as an opportunity to act out of LOVE and spread LOVE to others.
- You can choose to view every free moment as an opportunity to embody and engage in the things you LOVE about yourself and your world.
- You can choose to be the person who CELEBRATES LOVE instead of complaining or taking people and things for granted.
- You can choose to lead a life that MATTERS by simply experiencing and sharing LOVE.

• **Ask:** This week, you will learn how to CELEBRATE LOVE and GET LOVING towards yourself and others.

- What are some specific ways you can CELEBRATE LOVE to GET more LOVING towards yourself on a daily basis?
- What are some specific ways you can CELEBRATE LOVE to GET more LOVING towards others on a daily basis?
- How can you stay inspired and inspire others by actively CELEBRATING LOVE and GET LOVING on a regular basis?
- How might your life change by actively CELEBRATING LOVE and GETTING LOVING more proactively and consistently?
- How might CELEBRATING LOVE connect you to how much YOU MATTER?
- How might CELEBRATING LOVE connect others to how much THEY MATTER?

5) PRESENT THE WEEKLY GOALS:

- **DISCOVER** how your ideas and expectations about LOVE are shaped by the media and how you can create healthier definitions of LOVE.
- **ENGAGE** with peers to perform songs that celebrate and foster LOVE.
- **UNDERSTAND** that telling someone what makes them unique is an invaluable way to make them feel valued and loved.

“WE ARE SHAPED AND FASHIONED BY WHAT WE LOVE.”

- JOHANN WOLFGANG VON GOETHE,
GERMAN WRITER AND STATESMAN (1749 - 1832)