



Ability to show students the monthly video (www.everymondaymatters.org), if appropriate.

Prep time: 5 mins.



As this is the first Monday of the month, we recommend presenting this Monthly Kick-Off activity and if appropriate, the monthly video. Or, at a minimum, offer highlights from this activity plan.

***This month's theme can be a sensitive topic for some students. Please remember to take into consideration their experiences and how they may respond to some of the activities.

MONTHLY KICK-OFF

1) SHARE THIS MONTH'S THEME WITH STUDENTS: "MONDAY GETS LOVING"

2) SHOW STUDENTS THE "MONDAY GETS LOVING" VIDEO.

- The MONDAY GETS LOVING video can be found at <https://everymondaymatters.org/blog/> Click on "THIS MONTH'S VIDEO".

3) ASK A FEW OF THE FOLLOWING QUESTIONS TO WARM STUDENTS UP ON THIS MONTH'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.*

- **When you hear the word LOVE, what comes to your mind?**
 - LOVE can be defined as an abstract noun and a concrete verb.
- **How can LOVE be a noun? How can it be a verb?**
- **What are some things that you LOVE?**
 - Why do you choose to LOVE that something?
- **When you're LOVING, how does it help you feel that YOU MATTER?**

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- 4) SHARE THE MONTHLY SITUATION AND CHALLENGE (PAGE 3) WITH STUDENTS BY READING IT OUT LOUD OR ASKING A STUDENT TO DO SO:**
- Consider having students use this information as the foundation for a writing prompt. Let them form their own questions or provide them one or two to answer, using the challenge that lies ahead of them for the month
- 5) CONSIDER SHARING THE MONTHLY FACTS (PAGES 4-6) WITH STUDENTS.**
- This can be done now or throughout the month
 - The MONTHLY FACTS are an integrated learning tool for you to use, as desired and appropriate
- 6) SHARE THE UPCOMING WEEKLY THEMES WITH STUDENTS.**
- Monday, February 3 - Trust
 - Monday, February 10 - Make Time
 - Monday, February 17 - Curate Compassion
 - Monday, February 24 - Celebrate Love
- 7) GET STUDENTS CONTEMPLATING FEBRUARY'S THEME MONDAY GETS LOVING AND LEARN ABOUT AND BE INTENTIONAL HOW LOVING YOURSELF, OTHERS, AND OUR COMMUNITY MATTERS.**
- 8) ENJOY THE FIRST WEEK'S STRATEGY AND ACTIVITIES: TRUST**



THE SITUATION

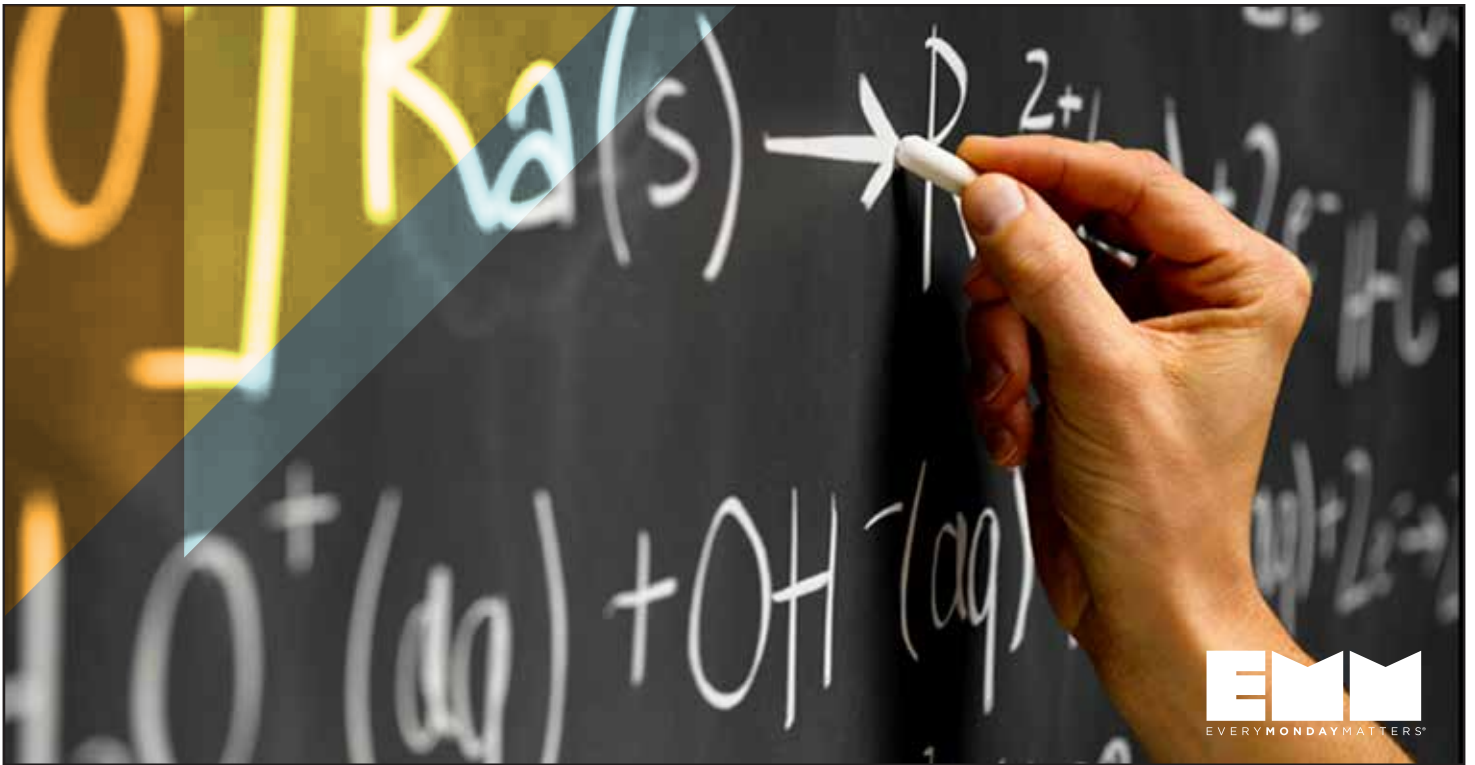
Love is a powerful force in our world. Nothing can make us feel happier and more hopeful as when we show our love and know we are loved. We first begin to develop our definition of LOVE at home. We learn how to express it and to what extent we express it. There are as many definitions of love as there are people in the world. Each of us has our own LOVE language.

Some people show their LOVE by helping others. Some people express their love by making your favorite meal or dessert or by taking you out for a special dinner. Some people LOVE you by spending time with you. Others tell you that they LOVE you or give you great big hugs. It has been said, "Love is like a garden. Every day, you have to water it, care for it, so that flowers can grow."

And we love, so many things. We love our pets, our shoes, and our books. We love our favorite pens, pencils or markers. We LOVE our sports teams, singers, movie and television stars. We love our TV shows, video games, and YouTube channels. We may even LOVE our school or after school program.

THE CHALLENGE

Sometimes we struggle with LOVE. We have experiences where we start to doubt or distrust LOVE. We withdraw from activities. We hold back our actions. We internalize our feelings. We stop loving. So here's THE SITUATION, what would our world be like to live in without LOVE? Can you imagine a world without compassion, gratitude, thankfulness, empathy and kindness? Love IS a powerful word. If we want to have a more LOVING world, then we all need to be more loving...to ourselves, to each other people, and to our community. This is why MONDAY GETS LOVING.



MONTHLY FACTS

“WHERE THERE IS LOVE THERE IS LIFE.”

- Mahatma Gandhi, Indian civil rights activist

ACCORDING TO THE GUINNESS WORLD BOOK OF RECORDS, THE LONGEST MARRIAGE WAS BY ZELMYRA AND HERBERT FISHER. THEY WERE MARRIED FOR 87 YEARS. WHEN ASKED WHAT WAS THE SECRET TO THEIR LOVE, THEY RESPONDED, “... TO LOVE EACH OTHER WITH ALL YOUR HEART AND DO WHAT IS NEED FOR EACH OTHER AND YOUR FAMILY.” (From Guinness World Book of Records.)

“NOBODY HAS EVER MEASURED - NOT EVEN POETS - HOW MUCH LOVE THE HUMAN HEART CAN HOLD.”

- Zelda Fitzgerald, American writer

BEING LOVING AND HAVING CLOSE RELATIONSHIPS WITH FRIENDS AND/OR FAMILY CAN MAKE YOU HEALTHIER AND LIVE LONGER. (J.Dumarche, Time Magazine, Feb. 2018)

“HAVE ENOUGH COURAGE TO TRUST LOVE ONE MORE TIME AND ALWAYS ONE MORE TIME.”

- Maya Angelou, American poet

IN 2018, 77.34 MILLION AMERICANS VOLUNTEERED 6.9 BILLION HOURS OF THEIR TIME IN VARIOUS ORGANIZATIONS.

“LOVE IS ALL WE HAVE, THE ONLY WAY EACH CAN HELP THE OTHER.”

- Euripedes, Ancient Greek playwright

“BE MY GLOBAL VALENTINE” - (EXCERPTS) IN ROMANIA, LEGEND HAS IT THAT A HALF MAN, HALF GOD NAMED DRAGOBETE WAS CHOSEN TO BE THE GUARDIAN OF LOVE BECAUSE OF HIS GREAT KINDNESS. IN THE ZULU CULTURE, WOMEN EXPRESS THEIR LOVE WITH INTRICATE BEADWORK. ON VALENTINE’S DAY IN DENMARK, COUPLES SWAP FUNNY LITTLE POEMS OR LOVE NOTES KNOWN AS GAEKKEBREV.

(from <https://www.summer.harvard.edu/inside-summer/be-my-global-valentine-expressions-love-around-world>)

“THE WAY TO KNOW LIFE IS TO LOVE EVERYTHING.”

- Vincent Van Gogh, Dutch painter