



WEEK 3



MONDAY
GETS
LOVING



THIS WEEK: CURATE COMPASSION



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 CURATE COMPASSION week is over, let's see how we did on our weekly goals

2) RE-SHARE 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

3) CONSIDER USING 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.*

- **What new things have you discovered about COMPASSION in general this week?**
 - What have you learned about your own capacity for COMPASSION?
- **What is one specific way you have seen COMPASSION extended to someone this week?**
 - How did you react to seeing that COMPASSION in action?
- **How has COMPASSION impacted your life thus far?**
- **How can you join with others who have COMPASSIONATE hearts make a LOVING impact on the world?**
 - Why is making a COMPASSIONATE impact on the world important?
- **In what ways have you noticed yourself becoming more LOVING this week?**
- **How have you been able to show others that they MATTER to you through your LOVING efforts this week?**

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- 4) **THANK STUDENTS FOR LOOKING INWARD TO DEVELOP THEIR OWN “COMPASSIONATE” NATURE. REMIND THEM THAT “COMPASSION” ISN’T A ONE-TIME EVENT, BUT RATHER, A CONSISTENT WAY OF LIVING AND INTERACTING WITH OTHERS.**
 - 5) **CHALLENGE STUDENTS TO NOTICE WHEN “COMPASSION” AROUND THEM IS NEEDED, AND TO RESPOND IN KIND AND “LOVING” WAYS TO IT.**

“GO AND LOVE SOMEONE EXACTLY AS THEY ARE. AND THEN WATCH HOW QUICKLY THEY TRANSFORM INTO THE GREATEST, TRUEST VERSION OF THEMSELVES. WHEN ONE FEELS SEEN AND APPRECIATED IN THEIR OWN ESSENCE, ONE IS INSTANTLY EMPOWERED.”

- WES ANGELOZZI, AUTHOR