



No materials required.

Prep Time: 0 mins.



As this is the first Monday of the month, please consider sharing the Monthly Kick-Off activity and if appropriate, the Monday Gets Dedicated video at [www.everymondaymatters.org](http://www.everymondaymatters.org).

## WEEKLY KICK-OFF

### 1) SHARE THIS WEEK'S STRATEGY WITH STUDENTS: **TRUST**

### 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 is TRUST?**

- Possible response: the act of relying on something or someone; believing that something will happen.

• **What are some things that you TRUST?**

• **How do you come to TRUST those things?**

- Are there things that you TRUST that you also LOVE?

• **Are there some things you don't quite TRUST? Why?**

• **How does one maintain or rebuild TRUST?**

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

TRUST is an important concept in our lives, especially when it comes to our feelings. It determines all of our interactions with others. We wouldn't be able to walk down a sidewalk, drive a car, or ride a bicycle without trust. We wouldn't be able to go to school, go shopping, or to a movie without trust. We naturally trust that people will be responsible for the things they need to do, obey whatever rules, and follow cultural norms. Our community exists because of TRUST.

We most TRUST the ones we care about and LOVE. We lose trust if we are hurt by someone's actions or inactions. We begin to doubt whether or not we are able to rely on that someone. We may even start to question ourselves. However, trust is essential to living our fullest life and becoming who we set out to be.

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TRUST is a choice. It is our choice to give our TRUST and our choice to take it away. When we choose TRUST, we open ourselves up to build our self-confidence and creating stronger relationships with others. When we are able to trust ourselves, we are then able to trust others, and have trust in our community. When we TRUST, we are able love ourselves, love others, and love our community. This is why, MONDAY GETS LOVING.

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

• **Explain:**

- When we make the choice to LOVE, we also make the choice to TRUST.
- Trust can be difficult at times.
- We need to have TRUST in ourselves to be able to do things.
- We need to have TRUST in others to be able to interact with them.
- We need to TRUST our community that we will take care of one another.
- When we experience a difficult moment, we may lose that TRUST.
- Some us can easily forgive ourselves and others to TRUST and LOVE again.
- We can't learn to TRUST or show LOVE without being vulnerable and taking a risk.
- **But when we do TRUST and LOVE, our lives become so much more richer.**

- How might be showing TRUST, to yourself and to others, be a sign of strength?
- How might being TRUSTFUL show that YOU MATTER?
- How TRUST help you to GET LOVING?

**5) PRESENT THE WEEKLY GOALS:**

- DISCOVER how when we are able to TRUST, we are able to live a richer life.
- UNDERSTAND how when we TRUST we make ourselves vulnerable but also show an inner strength.
- ENGAGE and practice ways to TRUST so that we can create a LOVING community.

**“ALL THE WORLD IS MADE OF FAITH, AND TRUST, AND PIXIE DUST.”**

- J.M. BARRIE, SCOTTISH NOVELIST  
MOST WELL-KNOWN FOR CREATING PETER PAN.