

NOVEMBER


**MONDAY GETS
THANKFUL**




**MONTHLY
LAUNCH**




MONTHLY LAUNCH


 Review the following lesson. Check for additional resources at <https://www.everymondaymatters.com/>. Consider sharing parts or all of the following lesson to build background for your students.

Prep time: 5 mins.

 As this is the first Monday of the month, we recommend presenting the Monthly Launch lesson or highlight sections. The content is intended to build background for you and your students to this month's theme. *There may be students who are experiencing or have experienced situations that make it difficult to connect to feeling THANKFUL. Gently acknowledge those situations and encourage students to reflect on moments where they felt safe, secure and happy and think about what helped make that happen. Refer to the lesson content for your grade level. Provide opportunities for students to experience this month's theme MONDAY GETS THANKFUL.

 This month, we are going to connect to the people and things that fill our hearts and minds with gratitude. We are going to take time to recognize what really MATTERS to us and slow down to notice the simple things that make our days special. We are going to discover and rediscover the things that make us genuinely SMILE and finish the month by sharing and expressing our THANKS for the people we value and appreciate. When we connect to our gratitude, our hearts feel fuller and lives happier. This month, let's GET THANKFUL.

LAUNCH (1-2 minutes)

 It seems like there is a certain time of year when we are prompted to think about the things that mean a lot to us. Like there are 30 or so days that we are going to be appreciative and grateful out of the entire year. Well, maybe our culture does have a month where giving THANKS seems to be a thing we do which is great. However, maybe we can use this month as a starting point for THANKFULNESS. Perhaps, this time, we extend our gratitude beyond the month and make being THANKFUL a regular practice and maybe even a habit. When we connect to what makes us THANKFUL, our hearts fill with gratitude and our lives with happiness. Our connections, friendships, and relationships become stronger. We actively create experiences that are meaningful and purposeful. This this month, let's GET THANKFUL.

Weekly Strategies: Monday Gets Thankful

Monday, November 7 – Know What Matters Most

Monday, November 14 – Love the Little Things

Monday, November 21 – Go With Grace

Monday, November 28 – Express It

INQUIRY (3-5 minutes)

CONSIDER ASKING 1-3 OF THE FOLLOWING QUESTIONS TO CONNECT STUDENTS TO THIS MONTH'S THEME: *NOTE: Consider selecting questions appropriate for your students' ages, grades, ability levels, and classroom goals.



Why might we want to express our THANKS?

What are some things in your life that you really appreciate?

Who are some people whose connection you value?

What is it like to be THANKFUL for something or someone?

What is it like to receive someone's genuine THANKS?

How might thoughtfully connecting to the things and people that MATTER to us shift affect our thoughts and actions?

What are some things and who are some people that make you SMILE?

How can we remind ourselves to actively appreciate the things and people that matter to us?

Have you ever met someone who seemed thankful? What is that person like?

Have you ever met someone who many not have seemed thankful? How did you know?

What might get in the way of being able to express our THANKS?

How does thoughtfully connecting to the things and people for which we are THANKFUL remind us and others how much we MATTER?

ACTIVITY DIRECTIONS: Refer to the content for your grade level. Think about the amazing things your students do and how we can create opportunities for them to engage in ways to value who they are and those around them. *Think about having your students read aloud different sections of the lesson.



THE SITUATION

GRADES K-2

Have you ever suddenly had a moment you realized how much you appreciate something or someone? It could be an annual birthday phone call from a relative, a school staff person who gives you a smile and a fist or elbow bump each morning, how your teacher enthusiastically reads aloud storybooks, how your parent or caregiver makes your favorite lunch or how excited your pet becomes when you come home from school. It is like an “a-ha” moment that our brain says, “That means a lot to me,” and appreciate these people and things and our heart responds by filling with gratitude. It’s the realization that our lives and world are so much better because of what we have and who is in it with us.

GRADES 3-5

Have you ever suddenly had a moment when you realized how much you truly appreciate something or someone? It could be an annual birthday phone call from a relative, how a school staff person thoughtfully checks-in with you each morning, the way your teacher or coach believes in you, how your parent or caregiver makes your favorite lunch or how excited your pet gets when you come home from school. It is like an “a-ha” moment that our brain recognizes how much we value and appreciate these people and things and our heart responds by filling with gratitude. It’s the realization that our lives and world are so much better because of what we have and who is in it with us.

MIDDLE SCHOOL/JUNIOR HIGH

Have you ever suddenly had a moment when you realized how much you truly appreciate something or someone? It could be an annual birthday phone call from a relative, how a school staff person thoughtfully checks-in with you each morning, the way your teacher or coach believes in you, how your parent or caregiver makes times to listen to your day, how a classmate or teammate lifts you up after a misstep or how excited your pet becomes when you come home from school. It is like a light bulb moment and our brain recognizes how much we value and appreciate these people and things and our heart responds by filling with gratitude. It’s the realization that our lives and world are so much better because of what we have and who is in it with us.

HIGH SCHOOL

When was a moment when you realized how much you truly appreciate something or someone? Maybe it is the annual phone call from a relative to wish you a happy birthday or a school staff person thoughtfully checking in with you each morning. Maybe it's the way a teacher or coach believes in you or how a parent or caregiver makes times to listen to you share your day. Maybe it's how a classmate shows compassion after making a mistake or a teammate lifting you up after a misstep. Maybe it's how your pet dog becomes incredibly excited when you come home from school or work or how your cat knows exactly when it is the right time to curl up at your feet. Sometimes, it's a sudden revelation of how thankful we are and our brain recognizes how much we value and appreciate these people and things and our heart responds by filling with gratitude. It's that realization that our lives and world are so much better because of what we have and who is in it with us.

THE CHALLENGE

GRADES K-2

The thing is, sometimes, we become so focused on what we are doing that we don't see what is happening around us. We don't see that someone picked up our crayons that fell on the floor. We don't notice that our favorite sweatshirt was clean and ready for us to wear the next day. We take for granted that our favorite snack is always in our backpack. Sometimes, we are shy to say "thank you" or we don't expect the kindness. Being thankful takes awareness – a classmate who opened a door for you when your hands were full, a sibling who helped you with your homework when you were frustrated or a friend who made you smile when you really needed it.

Expressing thankfulness, even for the simplest acts, takes thoughtfulness, time, and sometimes a bit of courage. Expressing thanks means that we noticed that someone did something for us and we appreciated it. It's knowing that your life would be very different if you didn't have these things and people around you. Think about what would happen if everyone in the whole world expresses their gratitude for thoughtful and kind acts. What a world that would be. This month let's not let a moment pass us by to express our thank. Let's share just how full our hearts feel because of the experiences and people we have in our live. Let's GET THANKFUL.

GRADES 3-5

The thing is, sometimes, we unintentionally take things for granted. We become so focused on what is in front of us that we don't take notice of what is happening around us. There may also be people in the world who think they are entitled to things and may not experience that wonderful feeling of being grateful. A person may spill milk on the cafeteria floor and doesn't bother to clean it up because they think it is "someone else's job." But is it, really? Being thankful takes awareness and presence. – a person who opened a door for you when your hands were full, a sibling who helped you with your homework when you were frustrated or a friend who made you smile when you really needed it.

Expressing gratitude, even for the simplest acts, takes thoughtfulness, time, and sometimes a bit of courage. Expressing thanks means that we noticed that someone did something for us and we appreciated it. It's a mindful acknowledgment that your life would be incredibly different if you didn't have these things and people around you. Taking the time to gratefully thank someone can start something wonderful, too... a "pay it forward" sort of ripple. Soon, someone is thanking you for picking up their jacket that fell off their chair. Then you are thanking someone for holding the door open when your arms were full. That person is thanking someone else for handing their notebook to them after it slid out of their backpack. Suddenly, the whole world is expressing their gratitude for thoughtful and kind acts. What a world that would be. This month let's not let a moment pass us by to express our thanks. Let's share just how full our hearts feel because of the experiences and people we have in our live. Let's GET THANKFUL.

MIDDLE SCHOOL/JUNIOR HIGH

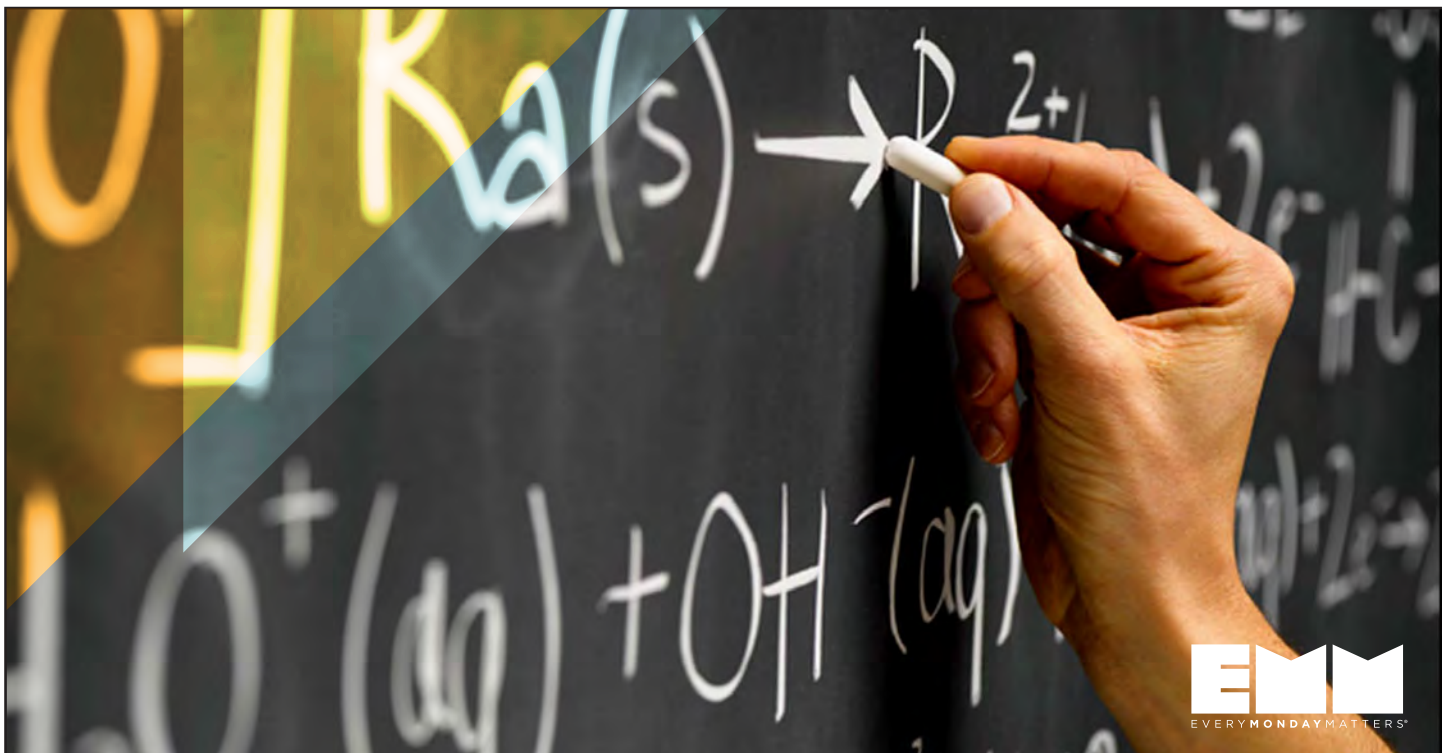
Let's be real. Sometimes, we unintentionally take things for granted. We become so focused on what is in front of us that we don't take notice of what is happening around us. We don't notice the support and thoughtfulness that helps make our days easier and happier. There may also be people in the world who think they are entitled to things and may not experience that wonderful feeling of being grateful. A person may spill their drink on the cafeteria floor and doesn't bother to clean it up because they think it is "someone else's job." But is it, really? Being thankful takes awareness and presence. – a person who opened a door for you when your hands were full, a classmate who helped you with your project when you were frustrated or a friend who made you smile when you really needed it.

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HIGH SCHOOL

Let's be real. Sometimes, we unintentionally take things for granted. We become so engrossed in what is in front of us that we don't take notice of what is happening around us. We don't notice the support and thoughtfulness that helps make our days easier and less stressful. There may also be people in the world who think they are entitled to things and may not experience that wonderful feeling of being grateful. A person may spill their drink on the cafeteria floor and doesn't bother to clean it up because they think it is "someone else's job." But is it, really? Being thankful takes awareness and presence – a person who opened a door for you when your hands were full, a classmate who helped you with your project when you were frustrated or a friend who made you smile when you really needed it.

Expressing gratitude, even for the simplest acts, takes thoughtfulness, time, and sometimes a bit of courage. Expressing thanks shows that we noticed that someone did something for us and we appreciated it. It's a mindful acknowledgment that your life would be vastly different if you didn't have these things and people around you. Taking the time to gratefully thank someone can start something wonderful, too... a sort of ripple of gratitude. Soon, someone is thanking you for picking their jacket up that fell off their chair. Then you are thanking someone for holding the door open when your arms were full. That person is thanking someone else for handing their phone to them after it slid out of their backpack. Suddenly, the whole world is expressing their gratitude for thoughtful and kind acts. What a world that would be. This month let's not let a moment pass us by to express our thanks. Let's share just how full our hearts feel because of the experiences and people we have in our lives. Let's GET THANKFUL.



MONTHLY FACTS

THANKFUL (ADJECTIVE): HAPPY OR GRATEFUL BECAUSE OF SOMETHING OR SOMEONE

(<https://dictionary.cambridge.org/us/dictionary/english/thankful>)

BASED ON VARIOUS RESEARCH STUDIES, PUBLISHED IN FORBES MAGAZINE ARTICLE, “7 SCIENTIFICALLY PROVEN BENEFITS OF GRATITUDE THAT WILL MOTIVATE YOU TO GIVE THANKS ALL YEAR ROUND”: 1) GRATITUDE OPENS THE DOOR TO MORE RELATION-SHIPS; 2) GRATITUDE IMPROVES PHYSICAL HEALTH; 3) GRATITUDE IMPROVES PSYCHO-LOGICAL HEALTH; 4) GRATITUDE ENHANCES EMPATHY AND REDUCES AGGRESSION; 5) GRATEFUL PEOPLE SLEEP BETTER; 6) GRATITUDE INCREASES SELF-ESTEEM; AND 7) GRATITUDE IMPROVES MENTAL STRENGTH.

- A. Morin; published in Forbes magazine, November 23, 2014

“GRATITUDE CAN TRANSFORM COMMON DAYS INTO THANKSGIVINGS, TURN ROUTINE JOBS INTO JOY, AND CHANGE ORDINARY OPPORTUNITIES INTO BLESSINGS.”

- William Arthur ward, American writer

THE FIRST THANKSGIVING BETWEEN THE SETTLERS AT PLYMOUTH, MASSACHUSETTS AND MEMBERS OF THE WAMPANOAG TRIBE GATHERED FOR A THREE-DAY FEAST IN NOVEMBER 1621.

“GRATITUDE UNLOCKS THE FULLNESS OF LIFE. IT TURNS WHAT WE HAVE INTO ENOUGH, AND MORE. IT TURNS DENIAL INTO ACCEPTANCE, CHAOS INTO ORDER, CONFUSION TO CLARITY.”

- Melody Beattie, American author

IN A RESEARCH STUDY BY DR. R. EMMONS (UC DAVIS) AND DR. M MCCULLOUGH, ON GRATITUDE, GATHERED DATA ON THREE GROUPS FOR ONE WEEK. FOR ONE WEEK, EVERY DAY, ONE GROUP WROTE ABOUT THINGS THEY WERE GRATEFUL FOR, ONE GROUP WROTE ABOUT DAILY IRRITATIONS, AND A THIRD GROUP WROTE ABOUT THEIR EXPERIENCES. THE GROUP WHO WROTE ABOUT THEIR GRATITUDE FELT MORE OPTIMISTIC, EXCITED ABOUT THEIR LIVES AND EXERCISED MORE.

RESEARCH HAS SHOWN THAT PEOPLE WHO FEEL GRATITUDE AND SHOW IT, REPORT FEELING HEALTHIER.

- *Psychology Today, April 2015*

THE ROOTS OF ALL GOODNESS LIE IN THE SOIL OF APPRECIATION FOR GOODNESS.

- *Dalai Lama, Tibetan spiritual leader*