

DECEMBER

MONDAY GETS
JOYOUS




MONTHLY
LAUNCH


15+
MIN




MONTHLY LAUNCH


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

Prep time: 5 mins.

 As this is the first Monday of the month, we recommend presenting this Monthly Launch lesson or highlight appropriate sections. The content is intended to build background for you and your students.

 Please refer to the content for your grade level. Foster students' curiosity and connection to this month's theme MONDAY GETS JOYOUS. Create the understanding that being kind is intentional and that when we show kindness, it creates greater connection with one another and builds community.

LAUNCH (1-2 minutes)

 This month we are going to GET JOYOUS. We are going to start the month with connecting to our SMILE and the things that make it happen. We'll continue our joy-filled journey and experience that happy feeling when we thoughtfully GIVE to others and our communities. We are going to reflect on our connections, friendships and relationships that help create and sustain us throughout the year. We'll finish the month with recognizing what we accomplished the past 12 months and celebrate with JOY.

Let's GET JOYOUS.

Weekly Strategies: Monday Gets Joyous

Monday, December 5 – Smile Like You Mean It

Monday, December 12 – Give One, Give On

Monday, December 19 – Cherish Relationships

Monday, December 26 – Celebrate A Milestone

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.



What are things that put a genuine smile on your face?

How do you create and connect to JOY in your life?

Is there a difference between happiness and JOY? If so, what do you think is the difference?

How can we appreciate what brings JOY to other people?

What gets in the way of seeing, creating, or experiencing JOY in our lives?

In what ways, does JOY help us to understand how much and why 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

JOY is that certain smile that you feel all the way down to your toes or laughter that brings tears to your eyes, lightness to your head, and makes your sides ache. It's when you swing on a swing and feel the rush of air around you. It's watching an inchworm make its way across a leaf or butterfly flit from flower to flower. It's the warmth of hot cocoa on a chilly winter's day. It's that hug from an important person in your life that you melt into. That is JOY. We feel JOY deeply. It's understanding and appreciating that we have things and people in our lives that make us happy.

GRADES 3-5

JOY is a word that makes us think about happiness which is an equally wonderful word. JOY, however, is much deeper and stronger. It's that certain smile that you feel all the way down to your toes or laughter that brings tears to your eyes, lightness to your head, and makes your sides ache. It's the leisure walk, rambling hike or long bike ride when you take in the freshness of the air and wonders around you. It's the meal that you savor or warmth of hot cocoa on a chilly winter's day. It's the lift of support from friends or the love of family members. That is joy. Joy and happiness are related but quite different. Joy is long-lasting while being happy may change in a moment. Both are still incredibly good. Happiness is made. Joy is the ability to make the opportunities to create those happy experiences. Joy is found and discovered. Joy is understanding what makes you happy.

Being joyful is a mindset. It's the awareness that there are things that we have now in our lives that bring us contentment and happiness. When we are joyous, we know our purpose, accept it, and live it.

MIDDLE SCHOOL/JUNIOR HIGH

JOY is a word that makes us think about happiness which is an equally wonderful word. JOY, however, is much deeper and stronger. It's that certain smile that you feel all the way down to your toes or laughter that brings tears to your eyes, lightness to your head, and makes your sides ache. It's the leisure walk, rambling hike or long bike ride when you take in the freshness of the air and wonders around you. It's the meal that you savor and warmth of hot cocoa on a chilly winter's day. It's the lift of support from friends or the love of family members. That is joy. Joy and happiness are related but quite different. Joy is long-lasting while happiness may change in a moment. Yet, there is still an incredible satisfaction in both. Happiness is made. Joy is the ability to make the opportunities to create those happy experiences. Joy is found and discovered. Joy is understanding what makes you happy.

Being joyful is a mindset. It's the awareness that the things we have now in our lives bring us fulfillment, and yes, happiness. When we are joyous, we know our purpose, accept it, and live it.

HIGH SCHOOL

JOY is a word that makes us think about happiness which is an equally wonderful word. JOY, however, is much deeper and stronger. It's that certain smile that you feel all the way down to your toes or laughter that brings tears to your eyes, lightness to your head, and makes your sides ache. It's the leisure walk, rambling hike or long bike ride when you take in the freshness of the air and wonders around you. It's the meal that you savor and warmth of hot cocoa on a chilly winter's day. It's the lift of support from friends or the love of family members. That is joy. Joy and happiness are connected but quite different. Joy is deeply-rooted while happiness may change in a moment. Yet, there is still an incredible satisfaction in both. Happiness is made. Joy is the ability to make the opportunities to create those happy experiences. Joy is found and discovered. Joy is understanding what makes you happy.

Being joyful is a mindset. It's the realization that the things we have presently can bring us fulfillment, and yes, happiness. When we are joyous, we know our purpose, accept it, and live it.

THE CHALLENGE

GRADES K-2

Let's be honest. When life becomes difficult, joy and happiness are hard to find. Sometimes, it feels like nothing will ever go right and being happy just isn't going to happen. The challenge is if we hold onto anger, sadness and anxiety, it will be difficult to find joy.

Joy is the reason for that automatic hug, high-five, or fist-bump. It happens when we are present and notice those little things that put a smile on your face. Joy is the dog with its wagging tail that greets you excitedly when you get home from school or the cat that sleeps at the end of your bed and warms your feet. It's the connection you make with your friends and classmates when playing a game or doing an activity. Joy is watching someone unwrap the gift you made specifically for them or the excitement when you're about to open the door for a family member or friend you haven't seen in such a long time.

Getting joyous is an action. It doesn't magically happen even though it can feel magical. The opportunity for joy is always present. It's taking that step to being open-minded and trying new things. It's realizing that the things we already have, even the small stuff, means so much. It's doing something every day that puts a smile on your face. This is why Monday Gets Joyous.

GRADES 3-5

So, here's the situation. When life becomes uncertain and difficult, joy and happiness seem out of reach. It feels like nothing is going to go right and being happy just isn't going to happen. The challenge is if we hold onto those feelings, thoughts, beliefs and let them take hold, JOY gets blocked out.

Joy is the reason for that automatic hug, high-five, or fist-bump. It happens when we are present and notice those little things that put a smile on your face. Joy is the dog with its wagging tail that greets you excitedly when you get home from school or the cat that sleeps at the end of your bed and warms your feet. It's those moments of reassurance when hanging out with your friends or connections made when playing a game of football with your crew. Joy is watching someone unwrap the gift you made specifically for them or that excitement when you're about to open the door for a family member, friend, or someone you care about who you haven't seen in such a long time.

Getting joyous is an intentional act. It doesn't magically happen even though it can feel magical. The opportunity for joy is always present. It's a matter of being open to it and giving ourselves permission to experience it. It's a matter of realizing that the things we already have, even the small stuff, means so much. It's doing something every day that puts a smile on your face. This is why Monday Gets Joyous.

MIDDLE SCHOOL/JUNIOR HIGH

So, here's the situation. When life becomes uncertain and difficult, joy and happiness seem out of reach. It feels like nothing is going to go right and being happy just isn't going to happen. The challenge is if we hold onto those feelings, thoughts, beliefs and let them take hold, JOY gets blocked out.

Joy is the reason for that automatic hug, high-five, or fist-bump. It happens when we are present and notice those little things that put a smile on your face. Joy is the dog with its wagging tail that greets you excitedly when you get home from school or the cat that sleeps at the end of your bed and warms your feet. It's those moments of reassurance when talking with your best friend or connections made when playing a game of football with your crew. Joy is watching someone unwrap the gift you made by hand or that bit of excitement when you're about to open the door for a family member, friend, or someone you care about who you haven't seen in such a long time.

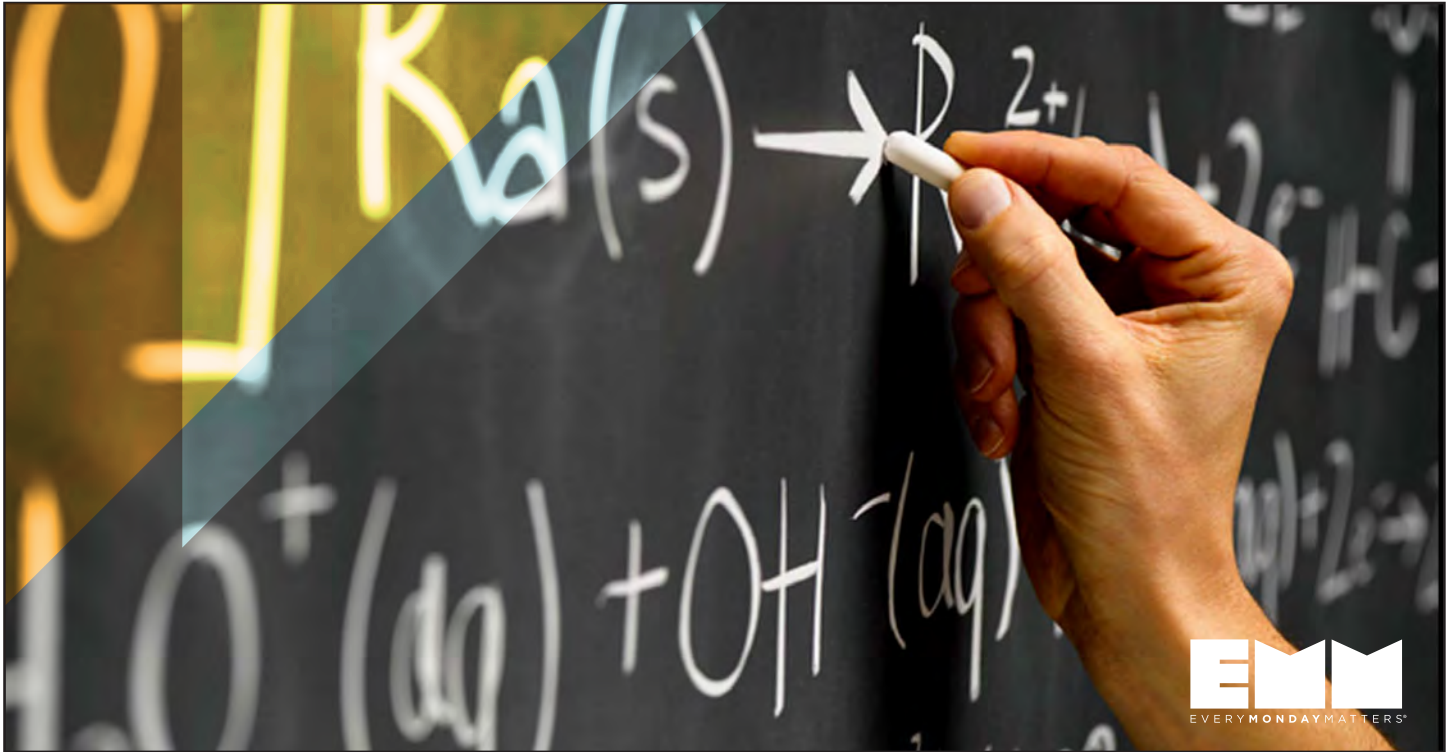
Getting joyous is an intentional act. It doesn't magically happen even though it can feel magical. What makes us happy might change but joy is still there. The opportunity for joy is always present. It's a matter of being open to it and giving ourselves permission. It's a matter of realizing that the things we do have, even the small stuff, means so much. It's doing something every day that puts a smile on your face. This is why Monday Gets Joyous.

HIGH SCHOOL

Let's be honest. When life becomes uncertain and difficult, joy and happiness seem beyond our reach. It feels like nothing is going to go right and being happy just isn't going to happen. The challenge is if we hold onto those feelings, thoughts, beliefs and let them take hold, we don't even give JOY a chance.

Joy is the reason for that automatic hug, high-five, or fist-bump. It happens when we are present and in the moment. Joy is the dog with its wagging tail that greets you excitedly when you get home from school or the cat that sleeps at the end of your bed and warms your feet. It's those moments of reassurance when talking with your best friend or connection when playing a game of touch football with your crew. Joy is watching someone unwrap the gift you made by hand or that bit of excitement when you're about to open the door for a family member, friend, or someone you care about who you haven't seen in such a long time.

Getting joyous takes intention and follow through. It doesn't magically happen even though it can feel magical. What makes us happy might change over time but joy is still there. The opportunity for joy is always present. It's a matter of being open to it and giving ourselves permission to experience it. It's a matter of realizing that the things we do have, even the small stuff, means so much. It's doing something every day that puts a smile on your face. This is why Monday Gets Joyous.



MONTHLY FACTS

JOYOUS (ADJ): FEELING OF GREAT HAPPINESS AND JOY. JOY (N): A FEELING OF GREAT PLEASURE AND HAPPINESS.

(Oxford Languages)

“THE NOBLEST PLEASURE IS THE JOY OF UNDERSTANDING.”

-Leonardo Da Vinci, Italian artist

THERE ARE 18 DIFFERENT KINDS OF SMILES.

(Dynamics of Facial Expression: Normative Characteristics and Individual Differences - University of Pittsburgh)

“LOVE IS THE MOST POWERFUL THING IN THE WORLD, AND YOU KNOW, WHAT LOVE BRINGS IS JOY.”

- DJ Khaled

SOME SCIENTISTS BELIEVE THAT FLOWERS PRODUCE SCENTS THAT “INDUCE POSITIVE FEELINGS.”

THE HAPPIEST COLOR? YELLOW.

RESEARCH HAS SHOWN THAT LISTENING TO POSITIVE MUSIC CAN IN FACT PUT YOU IN A GOOD MOOD.

“IF YOU CAN CARRY JOY IN YOUR HEART, YOU CAN HEAL ANY MOMENT.”

- Carlos Santana, musician

HAPPINESS IS A HABIT JUST LIKE HOW AN ATHLETE TRAINS FOR AN EVENT. DEVELOP A ROUTINE AND ATTITUDE FOR HAPPINESS.

(Happier, author, Tal Ben Shahar)

ALICE HERZ-SOMMER, HOLOCAUST SURVIVOR, WAS ASKED HOW SHE CAN BE SO HAPPY IN ALL OF THE TRAGEDY SHE EXPERIENCED. SHE SIMPLY RESPONDED, "I LOOK FOR THE GOOD. I KNOW THERE IS BAD, BUT I LOOK FOR THE GOOD THING." SHE LIVED TO BE 108 YEARS OLD.