

JANUARY

**MONDAY GETS
SPECTACULAR**




**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' energy and excitement to make this year SPECTACULAR. Guide students to understand that they have the ability and capacity to create SPECTACULAR experiences as well as approach each day with an open mind to receive and notice the wonderful things and people around them that make each day unique, wondrous and awesome.

This month we are going to GET SPECTACULAR. We are going to start the month with connecting to the WONDERS around us and in our world. We'll get real and celebrate the AWESOMENESS of students and the people in their lives. SPECTACULARNESS doesn't happy on its own, so we'll identify what we'd like to make happen and PREPARE TO LAUNCH. We'll put out plans into action and do things in a BIG way, however that looks. Then we'll close the month by THROWING CONFETTI to recognize and applaud what we have set out to achieve. Let's make this month SPECTACULAR.

Weekly Strategies: Monday Gets Spectacular

Monday, January 2 - Feel the Wonder

Monday, January 9 - Own Your Awesomeness

Monday, January 16 - Prepare to Launch

Monday, January 23 - Go Big

Monday, January 30 - Throw Confetti

LAUNCH (1-2 minutes)



This month we are going to GET SPECTACULAR. We are going to start the month with connecting to the WONDERS around us and in our world. We'll get real and celebrate the AWESOMENESS of students and the people in their lives. SPECTACULARNESS doesn't happy on its own, so we'll identify what we'd like to make happen and PREPARE TO LAUNCH. We'll put out plans into action and do things in a BIG way, however that looks. Then we'll close the month by THROWING CONFETTI to recognize and applaud what we have set out to achieve.

Let's make this month SPECTACULAR.

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 some things you consider SPECTACULAR?

Does something SPECTACULAR have to be grand, expensive or extravagant?

What are some things in our world that impress you?

Who are some people in our world who do wonderful and amazing things?

Have you ever paused to think about how things are made or created?

What helps us to notice and experience the SPECTACULAR happenings in our world?

How does making room for the SPECTACULAR impact life?

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

Amazing, wonderful, fantastic, and awesome. SPECTACULAR things happen all around us all of the time if we are open to seeing it. Sometimes, we get caught up in the things we don't have or can't do. However, if we want to really enjoy life, we make room for the SPECTACULAR. The way an inchworm moves is SPECTACULAR. A box of 120 crayons is SPECTACULAR. The way a classmate runs fast, jumps rope or hula hoops can be SPECTACULAR. What are the SPECTACULAR things you see around you in this room? When we experience the SPECTACULAR, we are lifted, energized, inspired, motivated, and in awe of the people and world around us.

GRADES 3-5

SPECTACULAR happens all around us all of the time. However, we may not necessarily take time to notice it. Sometimes, we find ourselves focusing on the drab, the dreary and the downside of what is around us. Seeing life in that way definitely happens from time to time for all of us. However, experiencing the SPECTACULAR is a conscious way of being. It's how we actively notice, appreciate and create fantastic and amazing things. It's how we open ourselves up to connecting to our curiosity and wonder. It's allowing ourselves to experience moments without criticism and judgment. When we experience the SPECTACULAR, we are lifted, energized, inspired, motivated, and in awe of the people and world around us.

MIDDLE SCHOOL/JUNIOR HIGH

SPECTACULAR happens all around us all of the time. However, we may not necessarily take time to notice it. Sometimes, we find ourselves focusing on the downside of what is around us – the negative, the things you might perceive as missing, etc. Seeing life in that way definitely happens from time to time for all of us. However, experiencing the SPECTACULAR is a conscious way of being. It's how we actively notice, appreciate and create fantastic and amazing things. It's how we open ourselves up to connecting to our curiosity and wonder. It's allowing ourselves to experience moments without criticism and judgment. When we experience the SPECTACULAR, we are lifted, energized, inspired, motivated, and in awe of the people and world around us.

HIGH SCHOOL

Our world is a pretty SPECTACULAR but we may not necessarily take time to notice it. It can be easy to zoom in on the downside of what is happening around us – the negative, the things you might perceive as missing or lacking. Taking that view definitely happens from time to time for all of us. However, experiencing the SPECTACULAR is an active way of being. It's how we notice, acknowledge appreciate and create fantastic and amazing things. It's how we open ourselves up to connecting to how things exist and wonder. It's allowing ourselves to experience moments without criticism and judgment. When we experience the SPECTACULAR, we are lifted, energized, inspired, motivated, and in awe of the people and world around us.

THE CHALLENGE

GRADES K-2

Now, some people the word SPECTACULAR should only be used for special occasions. Some people wait to use this word for something absolutely incredible. We think a little bit differently. We think SPECTACULAR is a way for all of us to begin each day. If we want to create a SPECTACULAR world, wouldn't we make the most of each day and share it with others? So, let's GET SPECTACULAR. Let's make time and space to take in and feel the wonder around us. Let's figure out what we can do to make our world awesome. Let's figure out what it takes to create SPECTACULAR experiences for ourselves and others and make a plan to do it. SPECTACULAR happens in big and small ways, so let's make those fantastic things happen and celebrate the moments that make us say "Wow!" Your life is—and deserves to be—spectacular in every way possible. This month and every month after, let's make our lives extraordinary. GETTING SPECTACULAR matters.

GRADES 3-5

Now, some people may reserve using the word SPECTACULAR for rare or exceptional occasions. Some people wait to use this word for something absolutely incredible. We think a little bit differently. We think SPECTACULAR is a way for all of us to begin every day. If we truly believe that we can make SPECTACULAR things happen, wouldn't we make the most of each day, enjoy every moment and share it with others? So, let's GET SPECTACULAR. Let's reflect on what that word means to us and how we might see it in our lives. Let's determine how to make time and space to take in and feel the wonder around us. Let's recognize how we contribute to making our world awesome. Let's figure out what it takes to create SPECTACULAR experiences for ourselves and others and make a plan to do it. SPECTACULAR happens in big and small ways, so let's actively make those fantastic things happen. Then let's finish the month off and celebrate the moments that make us say "wow" and unabashedly throw confetti. We say it all the time, but we really do mean it—you are wonderful and amazing. Your life is—and deserves to be—spectacular in every way possible. This month and every month after, let's make our lives extraordinary, bigger, and better. GETTING SPECTACULAR matters.

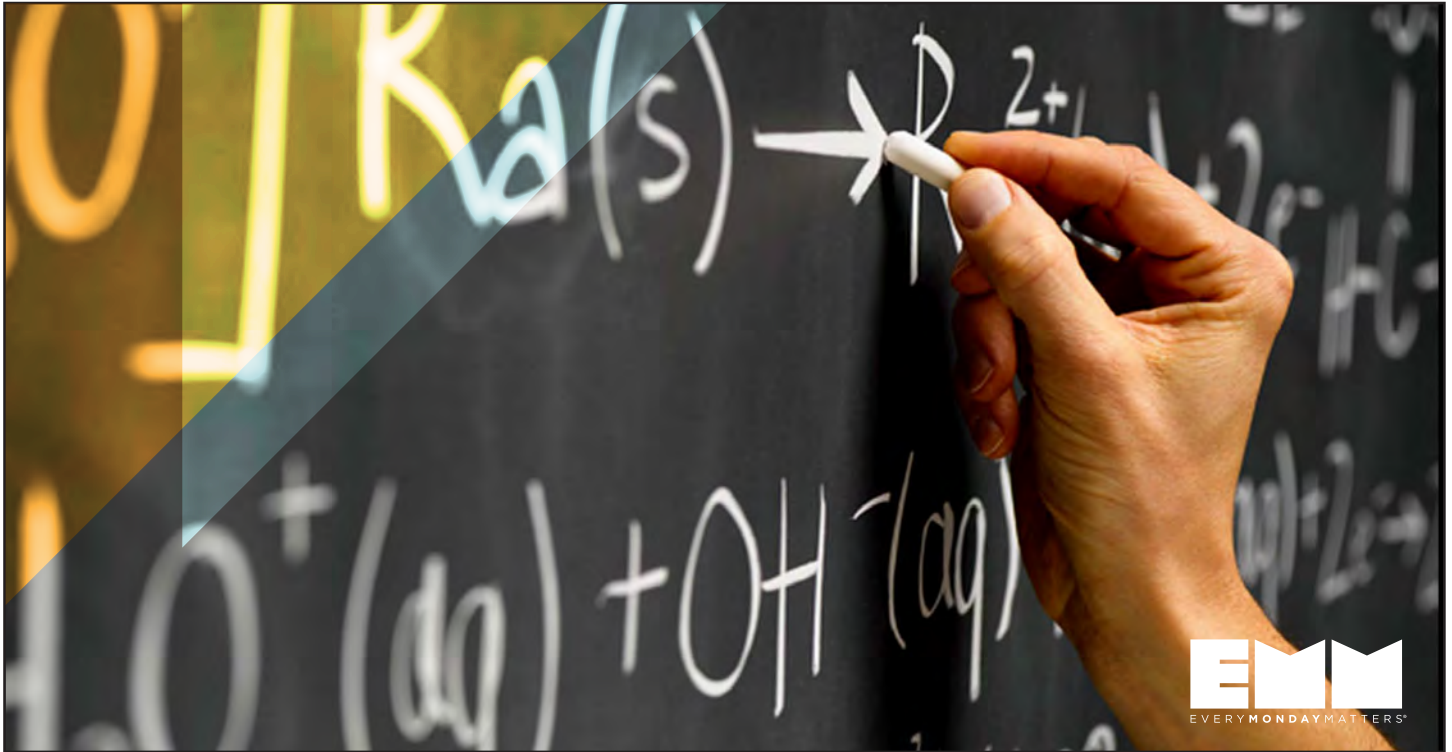
 **MIDDLE SCHOOL/JUNIOR HIGH**

Some people may reserve using the word SPECTACULAR for rare or exceptional occasions. Some people may wait to use this word for something absolutely incredible. We think a little bit differently. We think SPECTACULAR is a way for all of us to show up every day. If we truly believe that we can make SPECTACULAR things happen, wouldn't we do what we can to make the most of each day, enjoy every moment and share it with others? So, let's GET SPECTACULAR. Let's connect to what that word means to us and how we might see it in our lives. Let's determine how to make time and space to take in and feel the wonder around us. Let's recognize how we contribute to making our world awesome. Let's figure out what it takes to create SPECTACULAR experiences for ourselves and others and make a plan to do it. SPECTACULAR happens in big and small ways, so let's actively make those fantastic things happen. Then let's finish the month off and celebrate the moments that make us say "wow" and unabashedly throw confetti. We say it all the time, but we really do mean it—you are wonderful and amazing. Your life is—and deserves to be—spectacular in every way possible. This month and every month after, let's make our lives extraordinary, bigger, and better. GETTING SPECTACULAR matters.

 **HIGH SCHOOL**

Some people may reserve using the word SPECTACULAR for rare or exceptional occasions. Some people think it should only be used for something absolutely incredible. We think a little bit differently. We think SPECTACULAR is a way for all of us to show up every day. If we truly want our lives to be SPECTACULAR, wouldn't we strive to make the most of each day, enjoy every moment and share it with others? So, let's GET SPECTACULAR. Let's connect to what that word means to us and how we might see it in our lives. Let's carve out time and space to take in and feel the wonder around us. Let's recognize how we contribute to making our world awesome. Let's figure out what it takes to create SPECTACULAR experiences for ourselves and others and make a plan to do it. SPECTACULAR happens in big and small ways, so let's actively make those fantastic things happen. Then let's finish the month off and celebrate the moments that make us say "wow" and unabashedly throw confetti. We say it all the time, but we really do mean it—you are wonderful and amazing. Your life is—and deserves to be—spectacular in every way possible.

This month and every month after, let's make our lives extraordinary, bigger, and better. GETTING SPECTACULAR matters.



MONTHLY FACTS

SPECTACULAR (ADJECTIVE): OF, RELATING TO, OR BEING A SPECTACLE; STRIKING, SENSATIONAL.

www.merriam-webster.com

“PLEASE, DON’T WORRY SO MUCH... IF YOU’RE EVER DISTRESSED, CAST YOUR EYES TO THE SUMMER SKY WHEN THE STARS ARE STRUNG ACROSS THE VELVETY NIGHT. AND WHEN A SHOOTING STAR STREAKS THROUGH THE BLANKNESS, TURNING NIGHT INTO DAY... MAKE A WISH AND THINK OF ME. MAKE YOUR LIFE SPECTACULAR.”

-Robin Williams, actor and comedian

INDUCING GOOSEBUMPS AND DROPPED JAWS, AWE EXPERIENCES ARE REMARKABLE IN THEIR OWN RIGHT. MOREOVER, A GROWING BODY OF RESEARCH SUGGESTS THAT EXPERIENCING AWE MAY LEAD TO A WIDE RANGE OF BENEFITS, FROM HAPPINESS AND HEALTH TO PERHAPS MORE UNEXPECTED BENEFITS SUCH AS GENEROSITY, HUMILITY, AND CRITICAL THINKING. IN OUR BUSY LIVES, SEEKING AWE MAY BE LOW ON OUR LIST OF PRIORITIES. BUT WE MIGHT BE UNDERESTIMATING ITS POWER.

- 1. AWE MAY IMPROVE YOUR MOOD AND MAKE YOU MORE SATISFIED WITH YOUR LIFE**
- 2. AWE MAY BE GOOD FOR YOUR HEALTH**
- 3. AWE MAY HELP YOU THINK MORE CRITICALLY**
- 4. AWE MAY DECREASE MATERIALISM**
- 5. AWE MAKES YOU FEEL SMALLER AND MORE HUMBLE**
- 6. AWE CAN MAKE YOU FEEL LIKE YOU HAVE MORE TIME**
- 7. AWE CAN MAKE YOU MORE GENEROUS AND COOPERATIVE**
- 8. AWE CAN MAKE YOU FEEL MORE CONNECTED TO OTHER PEOPLE AND HUMANITY**

-Allen, Summer; Eight Reasons Why Awe Makes Your Life Better; Greater Good Magazine; September 2018

“SPECTACULAR ACHIEVEMENT IS ALWAYS PRECEDED BY UNSPECTACULAR PREPARATION.”

-Robert Schuller, American televangelist

7 WAYS TO SPARK YOUR SENSE OF WONDER

- 1. SEEK OUT DISPLAYS OF MASTERY AND GENIUS**
- 2. LOOK AT LIFE THROUGH SOMEONE ELSE'S EYES**
- 3. APPROACH THINGS FROM NEW ANGLES**
- 4. CHANGE THE CONTEXT**
- 5. SLOW DOWN**
- 6. GET OUT OF DODGE (I.E. THE HABITS AND ROUTINES THAT DEFINE AND CONFINE YOUR EVERYDAY LIFE)**
- 7. CHANGE YOUR LENSES**

-Levoy, Gregg; 7 Ways to Spark Your Sense of Wonder; Psychology Today; September 2015

“YOU MAY BE SKINNED KNEES AND ELBOWS, BUT IT'S WORTH IT IF YOU SCORE A SPECTACULAR GOAL.”

-Mia Hamm, American soccer player

OUR RESULTS ARE ONLY AS GOOD AS OUR PLAN... THE FACT IS, WHEN YOU LOOK AT SUCCESSFUL PEOPLE, YOU WILL ALMOST ALWAYS DISCOVER A PLAN BEHIND THEIR SUCCESS. THEY KNOW WHAT THEY WANT, THEY WORK OUT A PLAN THAT WILL GET THEM WHERE THEY WANT TO GO, AND THEY WORK THEIR PLAN. IT IS THE FOUNDATION FOR SUCCESS... SO, WHAT ARE SOME GOOD IDEAS ON DEVELOPING A PLAN THAT WILL WORK WELL AND TAKE YOU TO THE FINISH LINE POWERFULLY? HERE ARE FIVE MAJOR POINTS TO KEEP IN MIND:

- 1. DEVELOP THE RIGHT PLAN FOR YOU**
- 2. ESTABLISH TIMES TO SPEND ON IT**
- 3. KEEP A JOURNAL**
- 4. REFLECT**
- 5. SET GOALS**
- 6. ACT ON YOUR PLAN**

-Rohn, Jim; Rohn: It Only Takes 6 Steps to Plan Your Success; Success.com; December 2015

“LIVING BIG” IS A MINDSET OF LIVING WITH ABUNDANCE. NOW THE ABUNDANCE IS NOT WHAT YOU OWN, OR HAVE, IT IS WHAT YOU SHARE. THERE ARE AS MANY WONDERFUL WAYS TO LIVING BIG AS THERE ARE WATER DROPS IN AN OCEAN, NEEDLES ON AN EVERGREEN TREE, GRAINS OF SAND ON A BEACH. LIVING BIG IS LEARNING TO GENEROUSLY SHARE YOURSELF, YOUR STORIES, AND ENJOY THE EXCITING CONNECTIONS THAT DEVELOP. IT'S PUTTING YOURSELF OUT INTO THE WORLD AND EMBRACING THE THINGS THAT ONCE SCARED YOU. IT CAN CHANGE YOUR LIFE AND INCREASE YOUR HAPPINESS AND EVEN YOUR SELF-ASSUREDNESS. THERE ARE PEOPLE WHO ARE TOO AFRAID TO PUT THEMSELVES OUT THERE, BUT THIS IS THE KEY TO LIVING BIG AND MAKING IT WORK FOR YOU, SO IT'S IMPORTANT TO LEARN HOW TO DO IT! HERE ARE 6 WAYS YOU CAN SHARE YOUR TALENT AND AMAZING SELF WITH THE WORLD:

- 1. SHIFT YOUR FOCUS TO POSITIVE THINGS**
- 2. LIVE WITH HUMILITY AND GRATITUDE**
- 3. APPRECIATE THE FREEDOM THAT YOU HAVE**
- 4. LIVE YOUR DREAMS LIKE THEY'RE ALREADY HAPPENING**

5. LIVING BIG WILL TEACH YOU ABOUT PERSEVERANCE AND FAITH IN THE IMPOSSIBLE

6. IT WILL TEACH YOU DISCIPLINE AND TO LOVE AND ACCEPT YOURSELF

-Kyra, Suzanne; 6 Steps to Start 'Living Big' and Creating Your Best Life; Psych Central

10 STEPS TO ATTRACT THE LIFE YOU WANT:

1. FOLLOW YOUR HEART

2. TUNE INTO THE SOUL

3. SEE THE BIG PICTURE

4. DEVELOP EMOTIONAL SELF-MASTERY

5. ALIGN TO YOUR TRUTH

6. FOLLOW YOUR INTUITION

7. KEEP YOUR HEAD CLEAR

8. BELIEVE IN YOURSELF

9. ACT!

10. KEEP THE FAITH

-Arenson, David; 10 Steps to Attract the Life You Want; Big Think; May 2013

“SMALL DAILY HAPPENINGS MAKE YOUR LIFE SPECTACULAR...START ENJOYING THE SMALL THINGS IN LIFE.”

- Andy Rooney, American television writer