

MARCH

**MONDAY
GETS BALANCED**




**MONTHLY
LAUNCH**


**15+
MIN**




MONTHLY LAUNCH

 Review the following lesson. Check for additional resources at <https://www.everymondymatters.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. BALANCE may be a challenging concept for students. However, students will probably make connections with feeling off-balance. They may feel mentally exhausted, physically drained and overstretched. Guide students to think about what they can actively do to create BALANCE when they start to feel like there's too much of certain things and not enough of others.

Our world is ever changing. Each day can be quite different from the one before. BALANCE is how we thoughtfully think through what we can do to reset, recalibrate and make the most of every day. This is why, MONDAY GETS BALANCED.

This month, we are going to aim for BALANCE. We are going to connect with things that help us SIMPLY OUR LIVES and help us focus on basic steps and enjoy the SIMPLE things. We'll continue the month and FUEL OUR PASSIONS because sometimes our "must-do's" outweigh our "want-to's." We'll practice TAKING A BREATH because creating that space can dramatically move us towards something better. We will end the month with using our awareness to actively take note of how we MOVE through our days.

Weekly Strategies: Monday Gets Balanced

Monday, March 6 - SIMPLIFY YOUR LIFE

Monday, March 13 - FUEL YOUR PASSIONS

Monday, March 20 - TAKE A BREATH

Monday, March 27 - MIND YOUR MOVEMENT

LAUNCH (1-2 minutes)



When you think about balance what comes to mind? Maybe you imagine a person walking a tightrope or slack line. Maybe you visualize a gymnast on a balance beam. Maybe you see birds who sit on wires perfectly balanced and still. Maybe you think about your favorite pizza and the has the right balance of cheese, crust and pepperoni. You may or may not realize it but balance plays an important part in our lives.

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 does BALANCE mean to you?

What images come to mind when you hear the word BALANCE?

What are some things around you that are BALANCED?

What might be some things in our world that need to BALANCED in order for things to work or go smoothly?

What might it mean to have BALANCE in your life?

What tends to become out of BALANCE in your life?

What might be happening when things are BALANCED in your space?

What might be happening when things are off-balance in your space?

Why might having BALANCE in our lives be IMPORTANT?

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

BALANCE is important. Balance is how we know we are doing okay and better than okay. We don't always notice when things are in BALANCE but we definitely feel it when things are off balance. We feel off-balance when we don't get enough sleep. We feel it when we eat too much sugar or don't drink enough water. We get off balance when we work too much or play too much. Our brains can feel off when we spend a lot of time on our devices, playing video games or watching TV. We even feel it when we find ourselves spending a lot of time with people or not enough time for ourselves. Our feelings can be off balance, too. Being happy is fantastic and is something that we all want to be. However, there may be times when we feel sad or upset a lot. When we don't have BALANCE, we feel exhausted or irritable. That's when we need to rebalance ourselves.

GRADES 3-5

We don't always notice when things are in BALANCE but we definitely feel it when things are not. We feel it when we don't get enough sleep. We experience it when we work too much or play too much. We feel it when we eat too much sugar or don't drink enough water. Our brains feel out of sync when we spend a lot of time on our devices, playing video games or watching TV. We even feel it in our personal space when we find ourselves with friends or family a lot and not enough time with ourselves or the other way around. We may also feel out of balance when we spend hours and hours indoors. Our emotions can be off balance, too. Being happy and content all of the time is great and is something that we all strive for. However, there may be times when sadness, anger, or anxiousness seem dominant. We start to feel overstretched, exhausted or irritable. Getting BALANCED is important.

MIDDLE SCHOOL/JUNIOR HIGH

We tend to take notice when things are out of balance or off balance. We feel it when we don't get enough sleep or too much sleep. We experience it when we work too much or play too much. We feel it when we eat too much junk food or don't drink enough water. Our brains feel off kilter when we spend an enormous amount of time on our devices, playing video games or watching TV. We even feel it in our personal space when we find ourselves with friends or family a lot and not enough time with ourselves or the other way around. We may also feel out of balance when we spend hours and hours indoors. Our emotions can be off balance, too. Being happy and content all of the time is great and is something that we all strive for. However, there may be times when sadness, anger, or anxiousness seem dominant. We start to feel overstretched, exhausted or irritable. Getting BALANCED is essential.

HIGH SCHOOL

The interesting things about BALANCE is that we don't necessarily realize when we are until we are not. We feel it when we don't get enough sleep or too much sleep. We experience it when we work too much or play too much. We feel it when we eat too much junk food or don't drink enough water. Our brains feel off kilter when we push the threshold on our devices, play video games or watch TV. We even feel it in our personal spaces when we find ourselves with friends or family a lot and not enough time with ourselves or the other way around. We also experience imbalance when we spend hours and hours indoors. Our emotions can get off balance, too. Happiness and contentment are wonderful and is something we all strive towards. However, there may be moments when sadness, anger, or anxiousness seem dominant. We start to feel overstretched, exhausted or irritable. Getting BALANCED is essential.

THE CHALLENGE

GRADES K-2

Our days are never the same even though sometimes it feels that way. Our world is constantly changing. We are constantly growing. This can make creating BALANCE challenging. We can plan and schedule our time to do important things and fun things. But sometimes those plans go sideways because of unexpected moments and other things that we can't control. However, there are things we can do to notice when we start to get off balance and create stability within our space.

The thing about balance is knowing that you have the ability and capacity to create it and do things to manage it. You can determine the combination of must-do's and want-to's that work for you, even if it changes from day to day. We can use our awareness to notice the times of "too muchness" and readjust. When we find our balance and rhythm, we see and experience the wonderful moments of our lives and our world.

So, let's take notice of what drains us and fills us up. Let's take see what is taking up too much space and SIMPLIFY OUR LIVES. Let's connect to things that energize us and FUEL OUR PASSIONS. Let's make space to TAKE A BREATH, so that we can clear our minds. Let's be aware of how we show up for ourselves and each other and MIND OUR MOVEMENT. This month, let's GET BALANCED.

 **GRADES 3-5**

Our days are never identical. Even if things seem the same, our world is constantly changing. This sometimes makes creating BALANCE challenging. We can actively plan and schedule our time to make sure we connect to what is important. We can strive for perfect balance but sometimes those plans go astray because of unexpected moments and other things that we can't control. Yet, there are things we can do to notice when we start to veer off balance and create stability within our space.

Balance looks different for everyone. For some of us, we are able to keep our “must-do’s” and our “want-to’s” at perfect pitch. For some of us, we may immerse ourselves in our work with the goal of taking a break. The thing about balance is knowing that you have the ability and capacity to create it and manage it. You can determine the combination of must-do’s and want-to’s that work for you, even if it changes from day to day. We can use our awareness to notice the times of “too muchness” and readjust. When we find our balance and rhythm, we see and experience the wonderful moments of our lives and our world.

So, let's take notice of what drains us and fills us up. Let's take inventory of our spaces and SIMPLIFY OUR LIVES. Let's connect to old and new things that energize us and FUEL OUR PASSIONS. Let's make space to TAKE A BREATH, so that we can clear our minds. Let's be aware of how we show up for ourselves and each other and MIND OUR MOVEMENT. This month, let's GET BALANCED.

 **MIDDLE SCHOOL/JUNIOR HIGH**

Creating balance can be challenging. Our days are never identical. Even if things seem the same, our world is in constant flux. We can actively plan and schedule our time to make sure we connect to our priorities. We can strive for perfect balance but sometimes those plans go astray because of unexpected moments and other variables that are outside of our control. Yet, there are things we can do to still create balance and manage our lives within our space.

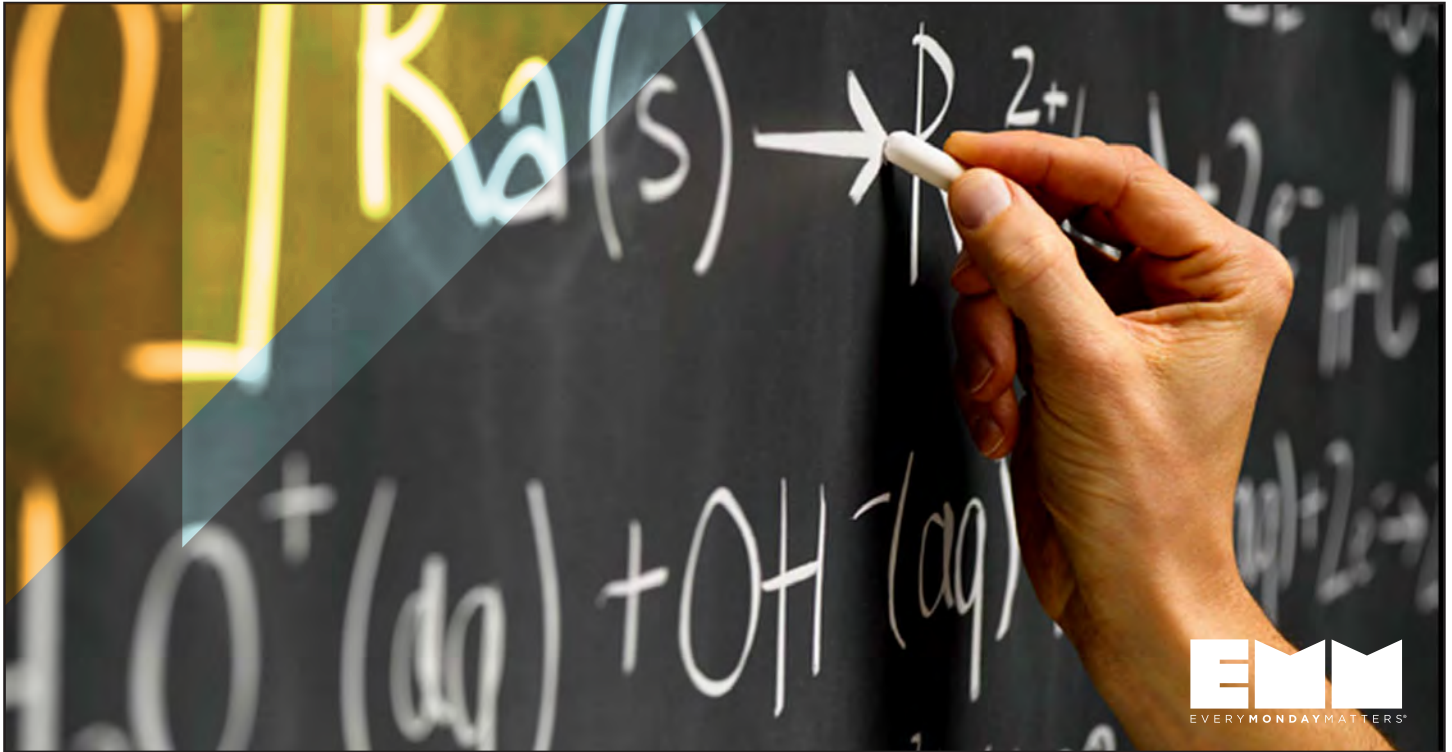
Balance looks different for everyone. For some of us, we are able to keep our “must-do’s” and our “want-to’s” at perfect pitch. For some of us, we may immerse ourselves in our work with the goal of taking a break. The thing about balance is knowing that you have the ability and capacity to create it and manage it. You can determine the combination of must-do’s and want-to’s that work for you, even if it changes from day to day. We can use our awareness to notice the times of “too muchness” and readjust. When we find our balance and rhythm, we see and experience the wonderful moments of our lives and our world.

So, let's take notice of what drains us and fills us up. Let's take inventory of our spaces and SIMPLIFY OUR LIVES. Let's connect to old and new things that energize us and FUEL OUR PASSIONS. Let's make space to TAKE A BREATH, so that we can clear our minds. Let's be aware of how we show up for ourselves and each other and MIND OUR MOVEMENT. This month, let's GET BALANCED.

Creating balance is dynamic. Our days are never identical even though we might feel the monotony of our days. We can actively plan and schedule our time to make sure we connect to our priorities. We can strive for balance but those plans can go awry due to unexpected moments and other variables that we can't control. Yet, there are things we can do to reset and move back towards balance and manage our lives within our space.

We all have different must-do's and want-to's so BALANCE looks different for everyone. For some of us, we may immerse ourselves in our work with the end goal of taking a break. For some of us, we create routines that help us cross off the must-do's and want-to's from our list. The thing about balance is knowing that you can actively create it and manage it. You can determine the combination of must-do's and want-to's that work for you, even if it changes from day to day. We can use our awareness to notice the times of "too muchness" and recalibrate. When we find our balance and rhythm, we see and experience the wonderful moments of our lives and our world.

So, let's take note of what depletes us and enriches us. Let's take inventory of our spaces and SIMPLIFY OUR LIVES. Let's connect to the things that energize us and FUEL OUR PASSIONS. Let's make space to TAKE A BREATH, so that we can clear our minds of the constant and incessant. Let's be aware of how we show up for ourselves and each other and MIND OUR MOVEMENT. This month, let's GET BALANCED.



MONTHLY FACTS

BALANCED (ADJECTIVE): BEING IN A STATE OF BALANCE (MENTAL AND EMOTIONAL STEADINESS); HAVING DIFFERENT PARTS OR ELEMENTS PROPERLY OR EFFECTIVELY ARRANGED, PROPORTIONED, REGULATED, CONSIDERED, ETC.

(www.merriam-webster.com)

BALANCE (SYNONYMS): EVEN, STABLE, PROPORTIONAL, HARMONY, LEVEL, EQUAL

(www.thesaurus.com)

“BALANCE IS THE KEY TO EVERYTHING. WHAT WE DO, THINK, SAY, EAT, FEEL, THEY ALL REQUIRE AWARENESS AND THROUGH THIS AWARENESS WE CAN GROW.”

- Koi Fresco author

HOW TO TELL YOU ARE OFF BALANCE: NEGATIVE EMOTIONS ARE PREVALENT, DIFFICULTY SLEEPING, HEADACHES OR POOR CONCENTRATION, ADOPTING UNHEALTHY HABITS (EATING TOO MUCH JUNK FOOD, BLAMING OTHERS, MAKING EXCUSES, ETC.). BALANCE HAS SPACE TO SWING, SHIFT AND FIND ITS OWN EQUILIBRIUM. -

“WHY WE NEED BALANCE IN LIFE”

www.balancethroughsimplicity.com

“I’VE LEARNED THAT YOU CAN’T HAVE EVERYTHING AND DO EVERYTHING AT THE SAME TIME.”

- Oprah Winfrey, TV host, producer, actor and author