

THIS WEEK'S
FOCUS:
**FUEL
YOUR
PASSIONS**

**GRADE
LEVEL:
K-2**




EMM
EVERY MONDAY MATTERS





I MATTER

**30
MIN**

TODAY'S ACTIVITY: "5 STAR CONNECTIONS"

 Students will use their awareness to identify the things they love to do. Students will better understand why they love doing the things they love to do.

 Blank paper or copies of the lesson handout; pencils and/or crayons
Prep time: 5-10 minutes

 As this is the second Monday of the month, please consider sharing highlights or relevant parts of the Monthly Launch lesson and or Week 1 – Simplify Your Life to build students' background to this month's theme Monday Gets Balanced. With this age group, PASSION may be an unfamiliar concept. Guide students to think about how we explore interests and make time to do the things we love to do. If students are unsure of their interests, hobbies or what they are PASSIONATE about, encourage them to think about the things they do or have learned about that is exciting to them and actively discover more about it.

LEARNING MODALITIES		SOCIAL & EMOTIONAL LEARNING		4 C's	
•	Visual	•	Self-awareness	•	Critical thinking
	Auditory	•	Self-management		Communication
	Kinesthetic		Social-awareness		Collaboration
	Verbal		Relationship skills		Creativity
	Interpersonal	•	Responsible decision-making		
•	Intrapersonal				
	Logic				



GOALS FOR THE WEEK



- 1** **DISCOVER** different ways to create meaningful experiences that motivate and inspire us to pursue and learn more about the PASSIONS and interests of the people around us.
- 2** **ENGAGE** in thoughtful practices to actively connect to our PASSIONS every day.
- 3** **UNDERSTAND** how finding the BALANCE between our what we need to do and what we love to do helps us to create a space for all of us to thrive and make the most of each day.



LAUNCH: (3-5 minutes)

***Consider asking one or more questions below to build background to the lesson's theme and strategy of GET BALANCED and FUEL YOUR PASSIONS.**

-   What are some things you really enjoy doing?
What does the word PASSION mean to you? *Guide students to think about the things they get excited about doing and the things that make them happy.
What might be some ways we can identify what we are PASSIONATE about?
What might someone close to you say that you really love to do or learn about?
How might exploring and learning about different things help you connect to your PASSIONS?


-   Sometimes, we do things because we have to. Sometimes, we do things because it seems like everyone else is doing it. Sometimes, we are unsure about why we do things. Some of the interests we pursue and things we do are amazing, energizing, and inspiring. Some of those things, may not be as much. There are so many things in the world that we can do but it takes intent and time to discover and explore.

Our PASSIONS are a huge part of who we are. Our PASSIONS help us learn more about ourselves and where we find the most joy. Sometimes, our PASSIONS become our careers. Our goal is to BALANCE time spent pursuing and doing our PASSIONS with time spent on our commitments and responsibilities. When we do BALANCE, connect to the things that inspire us and make us feel excited for each day.



INQUIRY: (3-5 minutes)

Consider asking 1-3 questions from the list below to help build background for the activity. *NOTE: Consider modifying the questions pending students' ages, grades, ability levels, and classroom goals. Consider having students share their responses in pairs, small groups, or as a large group.

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 - What are the things you do that bring you joy?
 - What are some things you do that have make you feel connected to yourself and happy?
 - Which subjects or topics interest you to learn more about?
 - What activity can you do for a long period of time without feeling the need to stop?
 - What activities make you feel "in the zone" or incredibly connected to yourself?
 - What gets you excited when you have a day to spend doing whatever you want?
 - Why might be important to discover and connect to what you are PASSIONATE about?
 - How can actively FUELING YOUR PASSIONS remind you of how much and why you MATTER?

Icon Key	 - Ask	 - Explain	 - Say	 - Brainstorm	 - Slide #'s
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ENGAGE: (1 minute)



You are important! When you take time to discover new interests and pursue your PASSIONS, it helps you focus on the things that matter to you. Our PASSIONS help us to feel grounded. Our PASSIONS motivate us to make space during our days and weeks to do them. Our PASSIONS help us to get to know ourselves even better. When we actively connect to our PASSIONS, we create a more BALANCED space for ourselves. We show ourselves how much we MATTER.



Are you ready to create CONNECTIONS to your PASSIONS?



START ACTIVITY: (10-15 minutes)

Directions: Directions: Provide pencils and/or, blank paper or copies of the attached lesson hand-out. Work with students through the worksheet's prompts. If using blank paper, prompts are listed below. Let students know that their top five activities are their PASSIONS. If time allows, have students identify what they do or can do to connect to their PASSIONS.



Today, we are going to spend time discovering and identifying the things that we love to do - the things that make us feel connected to ourselves - the things that make us feel really happy. We are going to FUEL OUR PASSIONS.

*Pass out blank paper and/or copies of the lesson handout. Guide students through responding to the prompts.



There are so many things that we can do in our world. There are probably some things you would rather do than others. Let's take some time to think about these things in a different way.

*Pass out blank paper or copies of the lesson handout. If using blank paper, have students draw a star in the middle of the page. Then, guide students through each prompt.

1. I dream of becoming a/an:
2. I can't pass up a book or movie about:
3. Most people don't know this about me but I really enjoy:
4. If I could star in my own how-to TV show, TikTok video or YouTube Channel, it would be about:
5. If I won first prize in a talent show, it would be for:



Congratulations! You have just identified 5 of your passions!

*Provide a moment for students to make the connection. If time allows, have students share their 5 STAR CONNECTIONS.

Icon Key



- Ask



- Explain



- Say



- Brainstorm



- Slide #'s



REFLECT: (3-5 minutes)

After the activity, consider asking 1-3 of the following questions to help students reflect, evaluate, and make connections to the lesson. *NOTE: Think about modifying the questions based on your students' ages, grades, ability levels, and classroom goals. Consider having students share their responses in pairs, small groups, or as a large group.



What is it like to identify your PASSIONS?

What is your favorite activity on your star? Why do you think it is your top PASSION?

How did taking time to reflect on your interests FUEL YOUR PASSIONS?

What may have surprised you the most about yourself from this activity?

What did you learn about yourself?

What do you think about the activities you identified as your PASSIONS?

How did this activity help you be more aware of the things that you are PASSIONATE about?

How might you create BALANCE in your life and connect to the things on your list?

Why is taking time to FUEL YOUR PASSIONS important?

How does making connections and FUELING YOUR PASSIONS show yourself how much and why you MATTER?



WRAP UP: (1 minute)

Thank you for taking the time to explore and discover your PASSIONS. When you we connect to the things we love to do, it energizes and motivates us. Let's continue to make space for FUELING YOUR PASSIONS and show yourself how much you MATTER.

Icon Key



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- Brainstorm



- Slide #'s

EXTEND

Think about providing more opportunities for students to **GETTING BALANCED** and **FUELING YOUR PASSIONS** by doing one or more of the activities listed below:

- 1 Find Someone Who:** Provide an opportunity for students to “find someone who” has similar or the same PASSIONS. On blank paper, have students divide their paper into 5 parts. Have them label each session with their PASSION. Then, have student move around the room and check in with each other about what their PASSIONS. When they find someone who matches one of their own PASSIONS, they can write that student’s name inside the respective box on their paper. Continue until students have had the opportunity to talk with all other students about their PASSIONS.
- 2 Among the Stars:** Read aloud, listen to or watch Mae Among the Stars by Roda Ahmed, illustrated by Stasia Burrington. Video read aloud link: https://youtu.be/b_mfdqyBqT8 Discuss with students what was Mae’s PASSION and how she made great things happen because of it.

“ FOLLOW YOUR PASSION, IT WILL LEAD YOU TO YOUR PURPOSE. ”

- OPRAH WINFREY, TALK SHOW HOST, ACTRESS,
AUTHOR, AND PHILANTHROPIST

Icon Key



- Ask



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- Slide #'s

5 STAR CONNECTION



"FUEL YOUR PASSIONS"

Directions: Guide students through each prompt. Have students either write or draw their responses. Then encourage students to connect to their PASSIONS.

1. I dream of becoming a/an:

2. I can't pass up a book or movie about:

5. If I won 1st place in a talent show, it would be for:

3. I really enjoy doing:

4. If I could star in a TV show or video, it would be about:

This activity is based on "Find Your Passion" by Janet Bray Attwood and Chris Attwood, coauthors of The Passion Test: The Effortless Path to Discovering Your Life Purpose.