



MONDAY

Make it More Meaningful MONDAY.....	10
Mindful MONDAY.....	11
Can You Be Courageous? MONDAY.....	12
Movement MONDAY	13
The More the Merrier MONDAY.....	14
Make Me Think MONDAY	15
Mask it MONDAY	16
Commitment Matters MONDAY	17
Motivation MONDAY.....	18
Make Me Better MONDAY.....	19
Mindset MONDAY.....	20
Mind Over Matter MONDAY.....	21
Keep it Moving MONDAY.....	22
Manic MONDAY	23
Meaningful MONDAY.....	24
Making Money MONDAY	25
Character Cooperation MONDAY	26
Mix it Up MONDAY.....	27
Mindset MONDAY.....	28
Made You Look MONDAY.....	29
Make Up Your Mind MONDAY	30
Move it MONDAY	31
Mighty MONDAY.....	32
Mind Blowing MONDAY	33
Meaningful MONDAY	34

MAKE IT MORE MEANINGFUL



MONDAY



You should always take pride in what you do and remember that sometimes things don't always go as planned the first time. Think about something that you take pride in. Perhaps it is your batting average or your math grades or even the amount of friends that you have.

- » **Do you spend extra time making sure that your efforts make you happy or others happy?**
- » **What are some things that you may need to take more pride in?** (for example, cleaning your room, getting schoolwork done, putting trash in the trash cans, etc.)

You may be surprised by the positive impact that it has on your school or relationships when you take pride in the things that are the most important to you.

MINDFUL



Monday



This is a perfect start for week 1.

Mindfulness is a tool that kids or adults can use at any time to help relieve stress and refocus.

There are tons of great videos that can be found by searching “mindfulness for teens.”

Keep some handy in your toolbox for daily use.



CAN YOU BE COURAGEOUS?



MONDAY



Courage to do the right thing isn't always easy.

Here are some situations. Discuss each one.

Which action is courageous and which is foolish? Why?

1. Fighting or walking away from a fight.
2. Doing something dangerous that others are doing or not participating even if someone calls you "chicken."
3. Teasing someone or standing up for someone who is being mistreated.
4. Blaming others for your mistakes or accepting responsibility.
5. Ignoring a new student or making friends with a new student.
6. Only looking out for yourself or helping others.
7. Following the crowd or doing what's right.
8. Quitting when things get tough or working hard, even when it's difficult.

MOVEMENT



MONDAY



The whole class gets up and starts an exercise. Choose one student to name 5 of something. They can't stop until all 5 things are named. Feel free to create your own that relate to a recent lesson or use these below for fun. You can also mix it up and do both! Get creative. You should participate too.

**Jog in place, do jumping jacks, arm circles,
high knees, wall sit, or spin.**

- » **Stop when someone has named 5 cereals.**
- » **Stop when someone has named 5 superheroes.**
- » **Stop when someone has named 5 spices you cook with.**
- » **Stop when someone has named 5 US states that start with the letter N.**
- » **Stop when someone has named 5 of the colors in a standard pack of 8 crayons.**
- » **Stop when someone has named 5 animals you might find at the zoo.**
- » **Stop when someone has named 5 fast food restaurants.**
- » **Stop when someone has named 5 brands of cars.**
- » **Stop when someone has named 5 staff members at school.**
- » **Stop when someone has named 5 NFL teams.**