

AUGUST

**MONDAY GETS
HOPEFUL**



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 the Monthly Launch lesson or highlight sections. The content is intended to build background for you and foster connection for your students to this month's theme.

Refer to the lesson content for your grade level. Provide opportunities for students to experience this month's theme MONDAY GETS HOPEFUL.

-  This month, let's GET HOPEFUL. Let's figure out the things we can do to LIGHT UP THE ROOM and make space for HOPE. Let's create a pathway for HOPE and pave it with POSITIVITY. Let's think about how the actions we do now creates a LEGACY for who we are in the future. Let's figure out how to keep what matters to us front and center so that we can BELIEVE that whatever we set out to do is POSSIBLE. Let's wrap up the month and actively SET AN INTENTION so that our HOPE thrives.

This month, let's GET HOPEFUL.

LAUNCH (1-2 minutes)

-  What does HOPE mean to you? What does HOPE feel like and look like? Is it always present? Does it go away and then come back? Or is HOPE always within us until we bring it forward? What do we need in order for HOPE to be present in our lives? Hope keeps us believing that there's more to come in our lives... something bigger, something better. Hope is the spark that motivates us to work towards achieving what we set out to do and who we want to be in the future. Everything begins with HOPE.

Weekly Strategies: Monday Gets Intentional

Monday, Week 1, August 1 - Light Up the Room

Monday, Week 2, August 8 - Practice Positivity

Monday, Week 3, August 15 - Start A Legacy

Monday, Week 4, August 22 - Believe It's Possible

Monday, Week 5, August 29 - Set An Intention

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.



When you hear the word HOPE, what images or words do you think of?

What does HOPE look like to you?

If someone was HOPEFUL, what would we see them doing and saying?

Why do you think we HOPE for things?

What is the purpose of HOPE?

Have you or someone you know ever lost HOPE in something?

How does one hold onto HOPE?

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 (1-2 minutes)

GRADES K-2

HOPE is a wonderful thing. HOPE helps us dream and believe that anything is possible. We hope that we get to play more in the soccer game. We hope that we have a good day at school. We hope that our sibling will share their video game time. We hope that our families and the people we care about are safe and healthy. We HOPE that there is chicken nuggets for lunch today or your favorite ice cream for dessert after dinner. However, sometimes, we experience things that cause doubt or fear and we start to lose HOPE. It is still there – just really, really small.

GRADES 3-5

HOPE is a marvelous thing. HOPE helps us create a pathway to dream and believe that anything is possible. We hope that we get onto the soccer team. We hope that we studied enough to do well on an upcoming test. We hope that our friends will be our friends forever. We hope that we get a certain teacher. We hope that our families and the people we care about are safe and healthy. We HOPE that there is pizza for lunch today. However, every so often, we start to lose hope. It is still present but as we experience everything that life brings us, we become more selective of what we HOPE for. We might even become less HOPEFUL.

MIDDLE SCHOOL/JUNIOR HIGH

HOPE is a powerful word. HOPE helps us create a pathway to dream that anything is possible. We hope that we get onto the soccer team or jazz ensemble. We hope that we studied enough to do well on an upcoming test. We hope that our friends will be our friends forever. We hope that we get a certain teacher for Science or Language Arts. We hope that our families and the people we care about are safe and healthy. We HOPE that there is pizza for lunch today. However, every so often, we start to lose hope. It is still present maybe as small as a whisper. But as we experience everything that life throws at us, we start to become more selective about what we HOPE for. We may even have moments of feeling like there is no HOPE.

HIGH SCHOOL

HOPE is a tremendous catalyst. HOPE helps us to carve a pathway to dream that anything is possible. We hope that we get onto the soccer team or jazz ensemble. We hope that we studied enough on an upcoming test or put in enough work on a project. We hope we pass our driver's license test. We hope that we get into a certain school or offered a certain job. We hope that our families and the people we care about are safe and healthy. We HOPE that there is pizza for lunch today. However, every so often, our HOPE diminishes. It is still present maybe as small as a whisper. But as we experience everything that life throws at us, we start to become more selective about what we HOPE for. We may even have moments of feeling like there is no HOPE.

THE CHALLENGE (2-3 minutes)

GRADES K-2

HOPE can be difficult to hold on to. Some days we are really positive and see opportunity in everything we do. Other days, nothing goes our way and HOPE is nowhere to be seen. Having HOPE requires a certain strength and ability. We use that strength and ability to keep our doubts in check, especially when it seems like obstacles are too huge to overcome. This is when we need to hold onto our HOPE with both hands.

Our HOPE fills us with possibilities and opportunities. Our HOPE tells us to try new things and to keep going. Our HOPE boosts our energy within each and every one of us and helps those around us be HOPEFUL, too. Dr. Martin Luther King, Jr. said, "We must accept finite disappointment but never lose infinite hope." So, even though we might be disappointed from time to time. It is incredibly important to always hold on to HOPE. So, as we begin a new school year, let's use our HOPE to continue in believing that we can make great things happen for our friends, our families, our communities, our world and ourselves. This is why MONDAY GETS HOPEFUL.

GRADES 3-5

So, here's the challenge. Some days we are incredibly positive, optimistic and full of HOPE. Other days, nothing goes our way and HOPE is nowhere to be seen. Maintaining HOPE requires a certain strength and ability. We use that strength and ability to keep doubt and despair at bay, especially during difficult times when it may seem easier to give up and the news and world events chip away at our goals and dreams. It is necessary to hold onto our HOPE with both hands.

Our HOPE instills us with possibilities and opportunities. Our HOPE provides us with a spark to try new things and keep going. Our HOPE ignites an energy within each and every one of us and helps those around us be HOPEFUL, too. Dr. Martin Luther King, Jr. said, "We must accept finite disappointment but never lose infinite hope." So, what we HOPE for you, is that as we begin a new school year, we use our HOPE to continue in believing that we can make great things happen for our friends and families, our communities, our world and ourselves. This is why MONDAY GETS HOPEFUL.

MIDDLE SCHOOL/JUNIOR HIGH

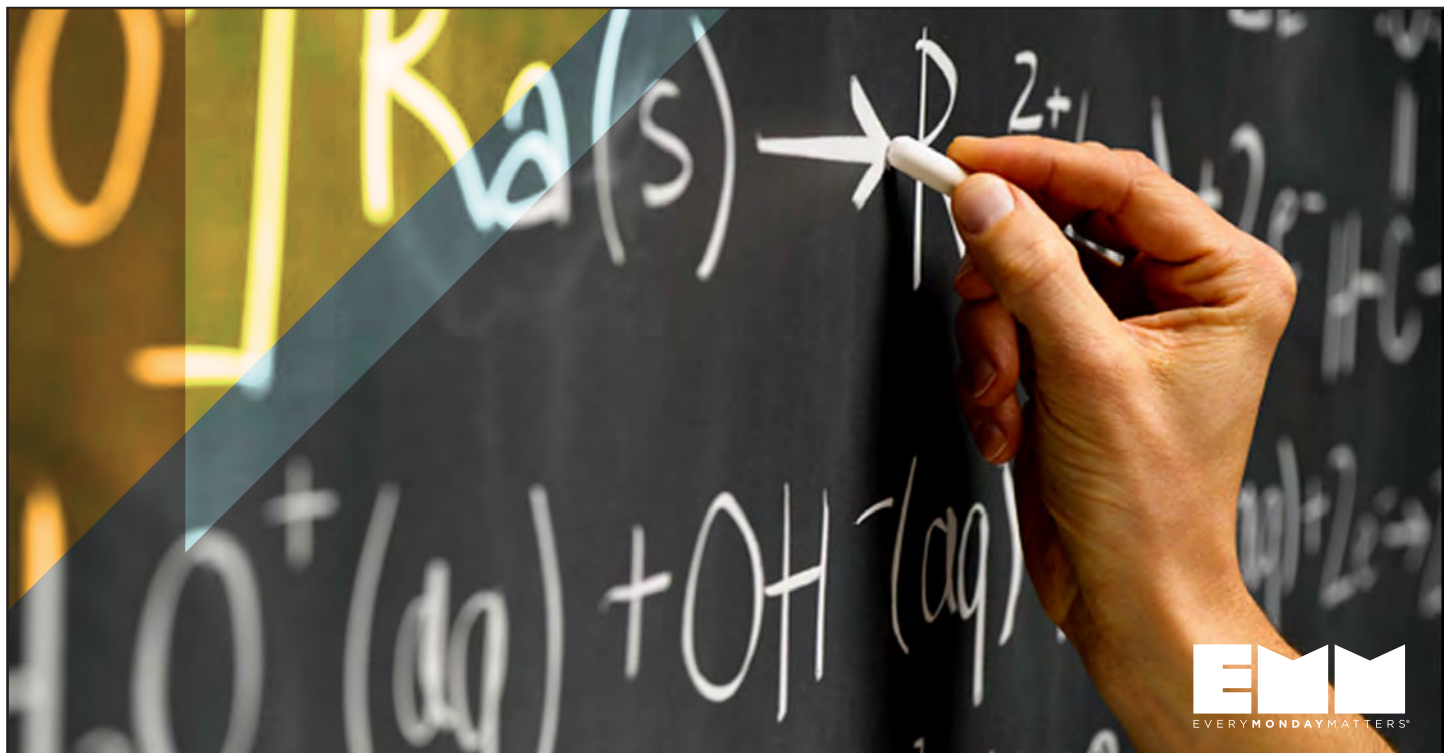
The thing with HOPE is that it ebbs and flows. Some days we are incredibly positive and optimistic. Other days, pessimistic and insecure. Maintaining HOPE requires a certain strength and perspective. We use that strength and perspective to keep doubt and despair at bay, especially during difficult times when it may seem easier to give up and the news and world events chip away at our aspirations. It is vital to hold onto our HOPE with careful hands, no matter how fragile it feels.

Our HOPE instills us with possibilities and opportunities. Our HOPE provides us with a spark to try new things and keep going. Our HOPE ignites an energy within each and every one of us that helps those around us be HOPEFUL, too. Dr. Martin Luther King, Jr. said, "We must accept finite disappointment but never lose infinite hope." So, what we HOPE for you, is that as we begin a new school year, we use our HOPE to continue in believing that we can make great things happen for our friends and families, our communities, our world and ourselves. This is why MONDAY GETS HOPEFUL.

HIGH SCHOOL

HOPE is dynamic. Some days our HOPE meter is off the charts and we feel optimistic about everything we do. Other days, pessimism and doubt creep in and our HOPE is smothered. Maintaining HOPE requires a certain strength and perspective. We use that strength and perspective to keep the uncertainty and despair at bay. Especially during difficult times when it may seem easier to give up and the news and world events chip away at our aspirations. It is vital to hold onto our HOPE with careful hands, no matter how fragile it feels.

Our HOPE instills us with possibilities and opportunities. Our HOPE provides us with a spark to try new things and keep going. Our HOPE ignites an energy within each and every one of us that helps those around us feel HOPEFUL, too. Dr. Martin Luther King, Jr. said, "We must accept finite disappointment but never lose infinite hope." So, what we HOPE for you, is that as we begin a new school year, we use our HOPE to continue in believing that we can make great things happen for our friends and families, our communities, our world and ourselves. This is why MONDAY GETS HOPEFUL.



MONTHLY FACTS

HOPEFUL (ADJECTIVE): FEELING OR INSPIRING OPTIMISM ABOUT A FUTURE EVENT

- <https://www.lexico.com/en/definition/hopeful>

“HOPE IS THAT THING INSIDE US THAT INSISTS, DESPITE ALL THE EVIDENCE TO THE CONTRARY, THAT SOMETHING BETTER AWAITS US IF WE HAVE THE COURAGE TO REACH FOR IT AND TO WORK FOR IT AND TO FIGHT FOR IT.”

- Barack Obama. Former U.S. President

CHARLES SNYDER, AMERICAN PSYCHOLOGIST, DEVELOPED THE “HOPE THEORY” WITH HIS COLLEAGUES FROM THE UNIVERSITY OF KANSAS. THEIR DEFINITION OF HOPE INCLUDES THREE COMPONENTS: GOALS, AGENCY, AND PATHWAYS. HOPE GIVES US THE DETERMINATION TO GET ACHIEVE SOMETHING AND THE DIFFERENT WAYS TO ACHIEVE IT

(<https://www.apa.org/monitor/2013/10/mission-impossible>)

“HOPE IS IMPORTANT BECAUSE IT CAN MAKE THE PRESENT MOMENT LESS DIFFICULT TO BEAR. IF WE BELIEVE THAT TOMORROW WILL BE BETTER, WE CAN BEAR A HARDSHIP TODAY.”

- Thich Nhat Hanh, Vietnamese monk

SHANE J. LOPEZ, PH.D, AUTHOR AND GALLUP SENIOR SCIENTIST, STATES FROM HIS BOOK, MAKING HOPE HAPPEN, CREATE THE FUTURE YOU WANT FOR YOURSELF AND OTHERS, “HOPE IS LIKE OXYGEN. WE CAN’T LIVE WITHOUT HOPE.”

HOPE IS THE BELIEF FOR A BETTER FUTURE AND THE ACTION TO MAKE IT BETTER.

(Tartavosky, M; “The Psychology of Hope” <https://psychcentral.com/blog/the-psychology-of-hope/>)

"TO PLANT A GARDEN IS TO BELIEVE IN TOMORROW."

- Audrey Hepburn, actress

"3 POWER WAYS TO FEEL MORE HOPEFUL IN 15 MINUTES OR LESS" BY PETER ECONOMY FROM INC. (OCTOBER 2, 2018)

- 1. TAKE A NATURE WALK.**
- 2. LISTEN TO YOUR FAVORITE MUSIC.**
- 3. SHIFT YOUR PERSPECTIVE.**

- <https://www.inc.com/peter-economy/heres-how-you-can-feel-more-hopeful-in-15-minutes-or-less.html>

"THE CAPACITY FOR HOPE IS THE MOST SIGNIFICANT FACT OF LIFE. IT PROVIDES HUMAN BEINGS WITH A SENSE OF DESTINATION AND THE ENERGY TO GET STARTED."

- Norman Cousins, American journalist