



Every Monday Matters

November 7

Being Neighborly

Background Information: You are busy. You have your home life, your school life, and time to spend with friends and family outside of your immediate family. It is important we spend time with other people, rather than just watching TV or movies or surfing the Internet. The average person or family has friends over for dinner about 45% less often than they did in the 70's. Electric garage door openers make it even easier to avoid the people in our neighborhood, and 3-5 minute passing periods at school make it challenging to meet new friends.

Challenge: Meet someone new today. Maybe you've seen them around, but introduce yourself and learn something about them. Consider if you have anything in common. Make yourself available to this new person, step outside your comfort zone and spend time with someone new.

What you will need:

- Paper
- Pencils

What you will do:

1. Bring youth together
2. Ask them to find a partner, someone they don't spend time with on a regular basis. This could be someone new to class or someone that has been around a long time.
3. Have a conversation. Find out:
 - a. Family—siblings, extended family, etc.
 - b. Interests—things they enjoy doing, how they like to spend their time
 - c. Common Ground—things you share an interest in
4. Bring groups back together. Have partners share what they learned about each other.

Debrief:

- What did you learn during today's activity?
- How might you use what you learned when you are in school?
- How might you use what you learned when you are away from school?



Every Monday Matters

November 14

Celebrating Senior Citizens

Background Information: The fastest growing group is 85 years and older. Every 7.5 seconds a baby boomer turns 60. 1 out of 5 people, or 72 million, will 65 years old or older by 2030. Nearly 23% of people aged 75 and above live in nursing homes. Due to the increase in divorce rates, a decrease in the number of children, and more family members living further away from one another, family support for the elderly is less available. Do you have a grandparent, and aunt or uncle, or family friend who is a “Senior Citizen”? Did you know that spending time with young people delights “Seniors”? Did you know they enjoy hearing about your life and what’s going on? Did you know if you spend time with them, you just find that a game of cards or Bingo will teach you a thing or two about life?

Challenge: Spend time with a “Senior Citizen” (relative, neighbor, or if you can, someone at a Senior Center—be sure to check with your parent first to get permission) and get to know them and share about you with them.

What you will need:

- Paper
- Pencil

What you will do:

1. Bring youth together and share the information about “Senior Citizens”
2. Ask them to identify “Seniors” in their life
3. Divide youth into small groups. Have each group create a plan of what they could do if they spend an hour with a “Senior”. Have them detail the plan—what will they talk about, what will they share, what will they ask the “Senior”, what might they do together, and anything else they want to consider
4. Have the group to decide if they will spend time with a “Senior” alone or in a group, and to set a time to do that before the next Monday Matters meeting on November 28. (Thanksgiving is coming up, this may be a perfect time to spend with a “Senior”).
5. Share with the group they will come back together on November 28 to share their experiences with one another.

Debrief:

- What did you learn during today’s activity?
- How might you use what you learned during your next family gathering?
- How might you use what you learned to change how you think about “Seniors”?



Every Monday Matters

November 28

Note: Begin today's session by having teams share spending time with a "Senior" from November 14

Thank A Local Law Enforcement Officer (Police or School Administrator)

Background Information: Over 675,000 sworn officers and nearly 295,000 civilian officers protect and serve citizens. Each year:

- Over 50,000 officers are assaulted while performing their duties
- Over 100 are killed—their average age is 37
- Over 23 million people are victimized by violent and property crimes, and unfortunately, these crimes are on the rise.

We read and hear a lot about law enforcement officers who forget to serve the people, but the majority of officers are doing what they can to protect you and me.

Challenge: Identify a law enforcement officer (this could be police, or it could be the administrator on your campus in charge of discipline) and walk up and thank them for keeping you and the school or community safe. You can also write a "Thank You" note. Consider inviting an officer or administrator to come and talk with your group and share information and answer questions.

What you will need:

- Chart paper and pens
- Paper
- Pencils, colored pencils

What you will do:

1. Bring youth together and discuss law enforcement—whether in the community or on the school campus
2. Capture their thoughts on a chart
3. Talk with them how they might share gratitude to law enforcement (community or school campus)
4. Have them prepare a "Thank You", both verbally and written
5. Discuss inviting a law enforcement officer to come and share with your classroom



Debrief:

- What did you learn during today's activity?
- How might you use what you learned when you are in school?
- How might you use what you learned when you are away from school?