



## Every Monday Matters

### December 5<sup>th</sup> Listen, Play, Appreciate Music

**Background Information:** Over 70% of schools are not able to maintain funding for the arts: music, dance, drama, and art. Schools with music program to schools without have significantly higher graduation rates, 90.2% compared to 72.9%, and higher attendance rates, 93.3% compared to 84.9%. Students with coursework in music appreciation ore roughly 60 points higher in verbal and 40 points higher in math on the SAT than their non-arts peers. Early musical training increases brain development in language, reasoning, math, science, memory, creativity, expression, and spatial intelligence. Every human culture uses music to preserve and pass on its ideas and ideals. Music is not limited by age, gender, ethnicity, or time.

**Challenge:** Listen to music (which is appropriate-so be careful) youth suggest. Please listen to the music yourself first, listen carefully! Have youth figure out a dance, Karaoke performance, an art expression, or creating a drama to act out the message of the song, or some other way to share what stirs in them when they hear this music.

#### What you will need:

- Access to music and the ability to share with everyone
- Art supplies if youth select art as the medium they need for expression

#### What you will do:

1. Bring youth together and discuss with them guidelines for music which can be shared at school (language, no sexual references, not put downs, etc.) Keeping these guidelines in mind, ask them to share pieces of music they enjoy listening to.
2. Share with them the four categories of visual and performing arts: music, dance, drama, and art.
3. Explain youth will have the opportunity to select from the list of music they suggested a song they would like to explore. Have youth find 2 or 3 people who have the same interest.
4. Explain as a group they will decide what the music inspires in them: a dance, a drama to act out the message of the music, a Karaoke sing along, or a piece of art.
5. Youth will then prepare to share with the rest of the group
6. This process could extend past just the Monday into a project for the month of December which you can share just before break.

#### 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**

**December 12**

### **Choose A Bag**

**Background Information:** Almost 7 billion paper bags and 400 billion plastic bags are used every year. Only 5.2% of plastic bags and 21% of paper bags are recycled. The average length of time a high-density plastic bag will exist on earth is 1,000 years. The average family accumulates 60 plastic bags every 4 trips to the grocery store. San Francisco, the first city in the U.S. to ban the use of plastic grocery bags, eliminates the use of 100 million plastic bags a year. During the holiday season, people often rush even more than usual and often feel stress. This activity will not only reduce the number of plastic bags utilized, it is an opportunity to share happy holiday wishes with someone.

**Challenge:** Decorate a paper grocery bag wishing people a wonderful holiday season. Share the finished bags with a local store (hopefully grocery or some other locally owned store) to use to share with customers.

### **What you will need:**

- Crayons, colored pencils, markers
- Grocery-size paper bags—you can get these at Smart & Final, one for each child
- Chart paper and pen

### **What you will do:**

1. Bring youth together
2. Ask them to find a partner, and distribute the supplies
3. Brainstorm wording for Holiday Wishes, record on the chart paper
4. Share they will be creating a Holiday Wishes bag for someone they probably don't know
5. Have pairs discuss what each will do, then have youth decorate the bag. Caution them not to put their names on the bag, simply From A Friend
6. Have youth share with peers

### **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?