



OUR YOUTH MATTER

Quality After School: Anytime Anywhere

Nita M. Lowey 21st Century Community Learning Center
Illinois Virtual Spring Conference

INTRODUCTIONS

★ Jocelyn Guansing

EMM Director of Education

★ Matthew Emerzian

EMM Founder/CEO

INTRODUCTIONS



EVERY MONDAY MATTERS®

DJ Names

A BIT of PLAY

YOUR DJ FIRST NAME

FIRST letter of your FIRST NAME

| | | | | | |
|---|----------|---|---------|---|----------|
| A | SMOOTH | J | JAZZY | S | YOUNG |
| B | DOCTOR | K | ANALOG | T | DIZZY |
| C | CRAZY | L | DIGITAL | U | SLIM |
| D | COSMIC | M | MASTER | V | DISCO |
| E | TREBLE | N | BASS | W | ELECTRIC |
| F | MOVE | O | MEGA | X | SLY |
| G | NOISEY | P | 5-ALARM | Y | MAX |
| H | RENEGADE | Q | MAJOR | Z | BRIGHT |
| I | CRAFTY | R | ROCKET | | |

A BIT of PLAY

**YOUR DJ
LAST NAME**

Month You Were Born

| | | | |
|-----------------|---------------|------------------|----------------|
| JANUARY | BEATZ | JULY | SOUND |
| FEBRUARY | WIZARD | AUGUST | RIDER |
| MARCH | PUPPY | SEPTEMBER | BOSS |
| APRIL | MASTER | OCTOBER | MONSTER |
| MAY | ACE | NOVEMBER | TRAX |
| JUNE | CATZ | DECEMBER | MOTION |

What is your “go to” song
to get everyone on the
dance floor?

TODAY'S AGENDA

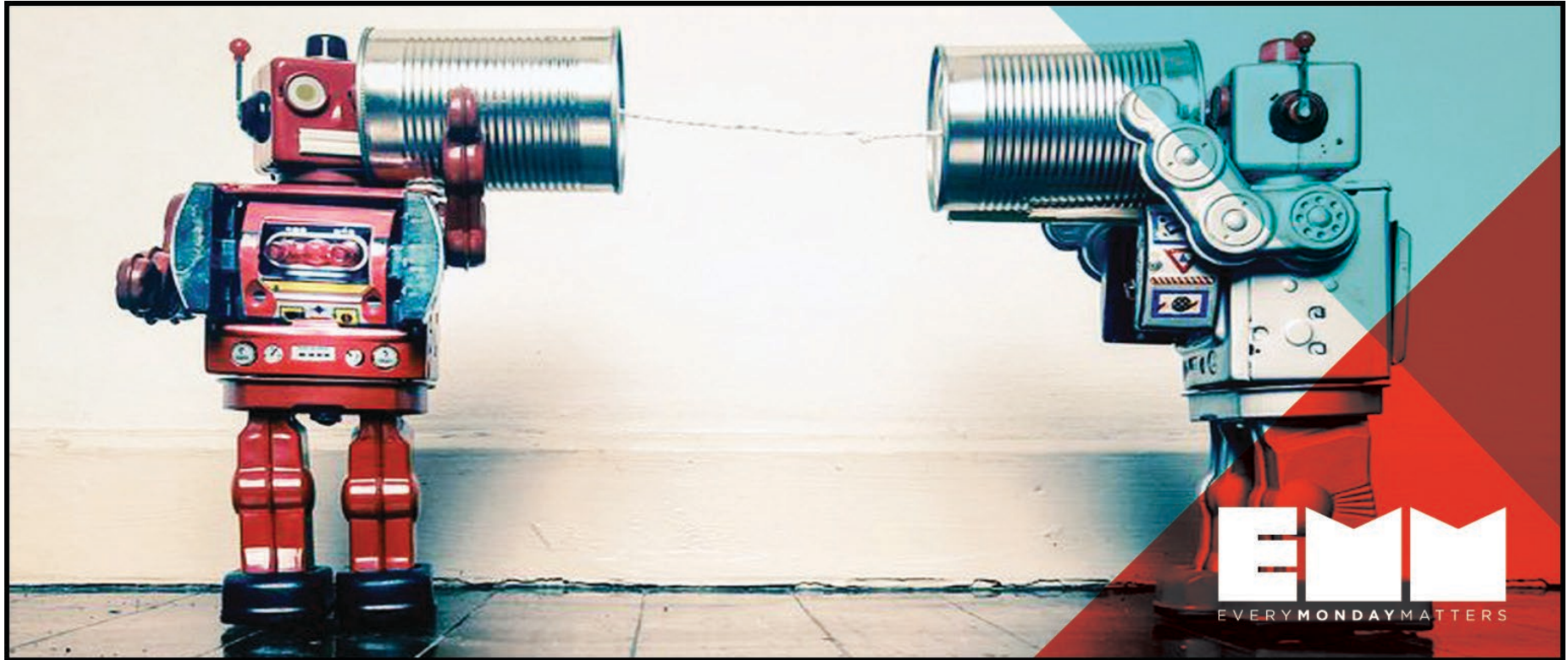
FOR OUR YOUTH

- ★ STUDENT ENGAGEMENT
 - Creating Connection
 - Student Voice
 - FOR OUR STUDENTS – Resources to foster SEL and connection
 - EMM K-12 Curriculum: Snapshot of Activities
 - Explore – Breakout Rooms
- ★ Q&A
- ★ Recap

What is one thing you hope to gain from today's session?

***Share in the chat box.**

FOR OUR YOUTH



MEANINGFUL ENGAGEMENT

What are your students
currently enjoying in
your programs?

Share in the Chat or Unmute.

CREATING CONNECTION

What sparks
your joy?

How do you bring your
joy to your programs?

Share in the Chat.

GAMES

- Would You Rather...?
- This or That?
- Name That Tune
- Zoom In/Zoom Out
- Name Games
- Did You Know? – Quiz about fun facts
- What's That Meme?
- Guess Who?
- Who Would Win?



**WOULD YOU
RATHER...?**

Modified from www.conversationstarters.com

www.menti.com

Join code: 2993 4474

**WOULD YOU
RATHER...?**

...be on a reality TV show

OR

...a game show?

***Share in the Chat**

**WOULD YOU
RATHER...?**

...speak every language

OR

...play every instrument?

***Share in the Chat**

**WOULD YOU
RATHER...?**

...dance to every song you hear

OR

...sing every song you hear?

***Share in the Chat**

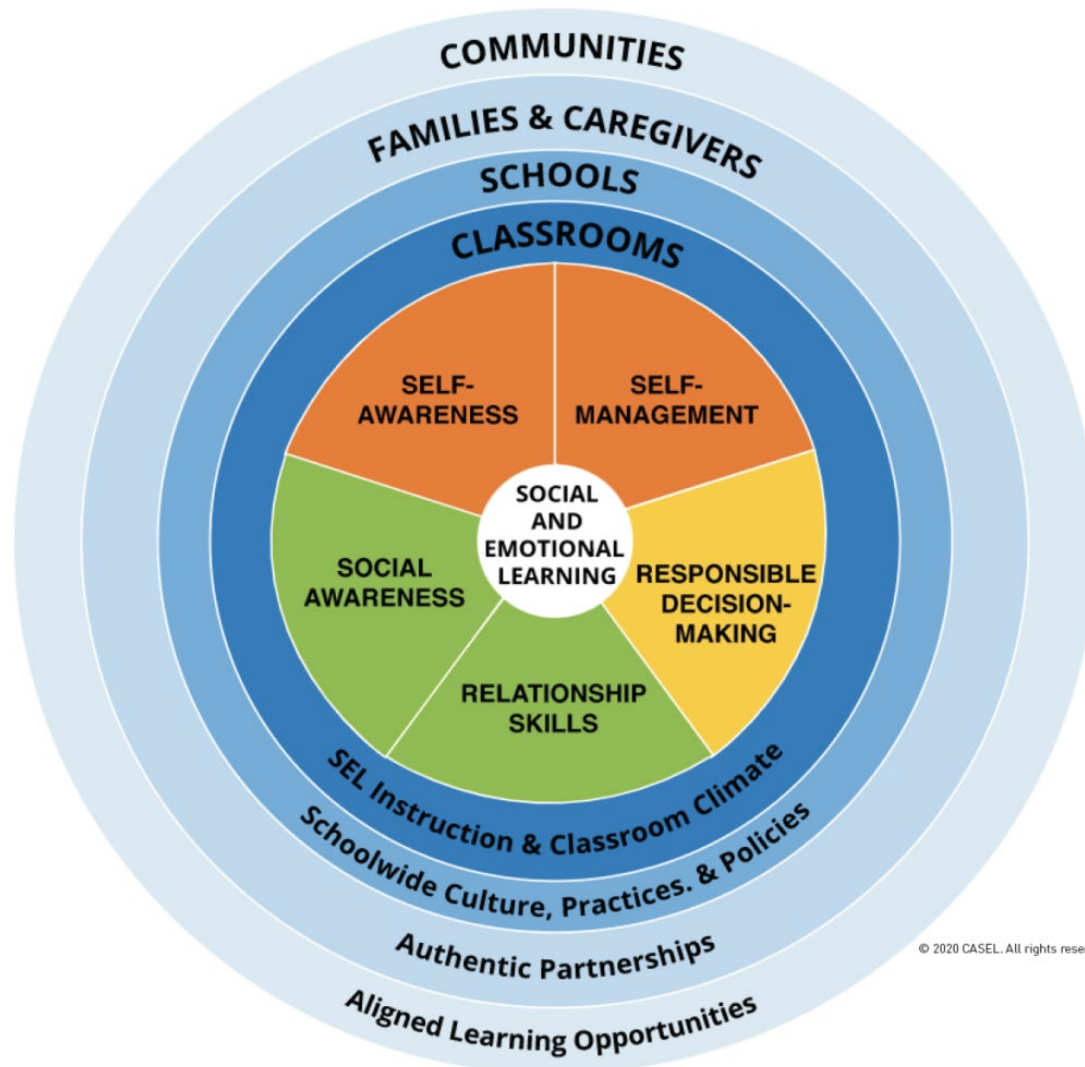
OUR YOUTH MATTER



**MONDAY
GETS
DEDICATED**



SEL and EMM

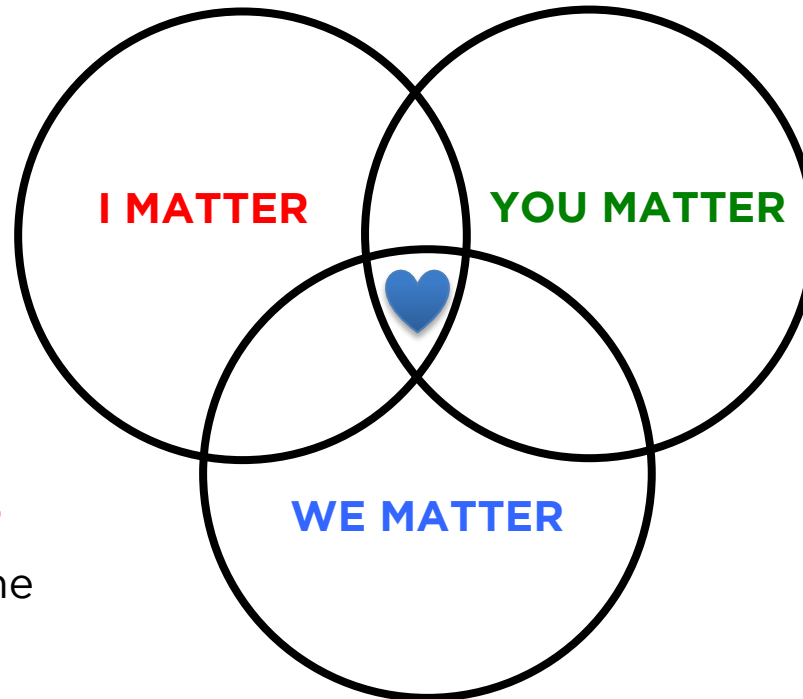


© 2020 CASEL. All rights reserved

(CASEL, 2020)

SELF-AWARENESS

- Feelings, thoughts & value
- Strengths & limitations
- Prejudices & biases
- Identify & culture
- Sense of purpose



SELF-MANAGEMENT

- Regulation & discipline
- Motivation & agency
- Planning & organization
- Strategies & goals
- Individual & collective

RELATIONSHIP SKILLS

- Listen & communicate
- Problem solving & opportunities
- Teamwork & collaboration
- Leadership & advocacy

SOCIAL AWARENESS

- Recognition & understanding
- Backgrounds, culture & diversity
 - Historical & social norms
- Perspectives & influences
 - Empathy & compassion

RESPONSIBLE DECISION MAKING

- Choices & impact
- Anticipate & evaluate
 - Critical thinking
 - Ethics & safety
- Individual & collective well-being

ONE WORD

What is ONE WORD we need more of in our community and world?

www.menti.com

Join code: 4352 2706

***Or share your WORD in the CHAT

EMM EDU 2020-2021 CALENDAR

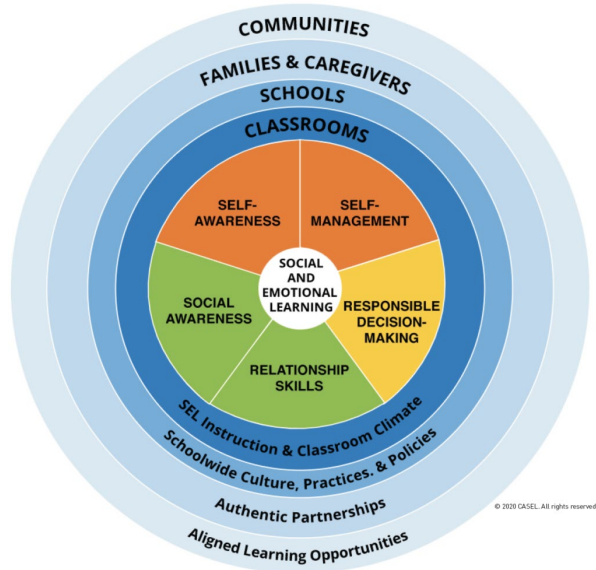


EMM EDUCATION 2020-2021 CALENDAR

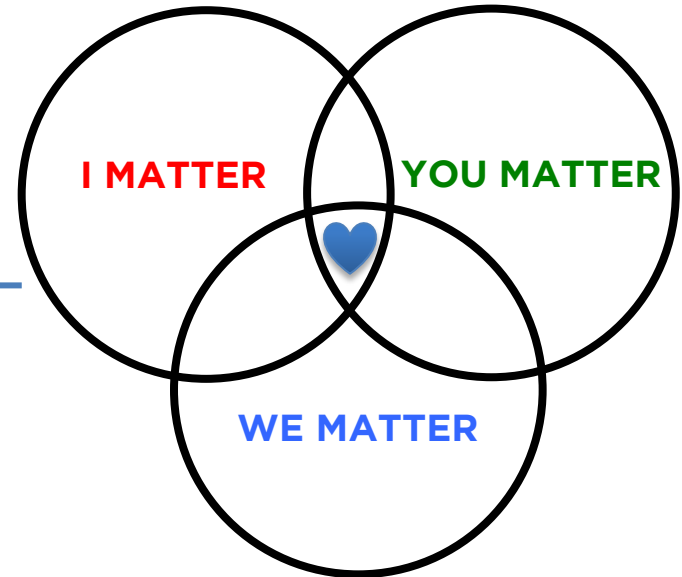


| AUGUST | SEPTEMBER | OCTOBER | NOVEMBER | DECEMBER | JANUARY |
|-------------------------------|------------------------------|--------------------------------|------------------------------|-----------------------------|-------------------------------|
| MONDAY GETS COURAGEOUS | MONDAY GETS ACCEPTING | MONDAY GETS CONSISTENT | MONDAY GETS KIND | MONDAY GETS JOYOUS | MONDAY GETS OPTIMISTIC |
| 3 FIND YOUR VOICE | 7 EMBRACE DIFFERENCES | 5 BE PATIENT | 2 GIVE A COMPLIMENT | 7 SMILE LIKE YOU MEAN IT | 4 GET ENERGIZED |
| 10 BE UPSTANDING | 14 WELCOME FEEDBACK | 12 PUT IN THE WORK | 9 OFFER TO HELP | 14 GIVE ONE, GIVE ONE | 11 STAND TALL |
| 17 SAY I'M SORRY | 21 CELEBRATE CHANGE | 19 KNOW YOURSELF | 16 TREAT YOURSELF | 21 CHERISH RELATIONSHIPS | 18 FIND THE SILVER LINING |
| 24 CONQUER A FEAR | 28 BE A GOOD LOSER | 26 CREATE BOUNDARIES | 23 CREATE A RIPPLE | 28 CELEBRATE A MILESTONE | 25 TRAIN YOUR BRAIN |
| 31 MAKE A NEW FRIEND | | | 30 TAKE THE HIGH ROAD | | |
| FEBRUARY | MARCH | APRIL | MAY | JUNE | JULY |
| MONDAY GETS CARING | MONDAY GETS RESILIENT | MONDAY GETS SUSTAINABLE | MONDAY GETS UNIQUE | MONDAY GETS FUN | MONDAY GETS AWARE |
| 1 KNOW WHAT MATTERS MOST | 1 ADAPT THE ATTITUDE | 5 MAKE IT PERSONAL | 3 EMBRACE YOUR GIFTS | 7 GO ON AN ADVENTURE | 5 FOLLOW YOUR GUT |
| 8 STOP, ASK, & LISTEN | 8 WIDEN YOUR VISION | 12 PLAN YOUR PLASTIC | 10 SPEAK UP | 14 GET GOOFY | 12 FORGIVE FREELY |
| 15 CHOOSE YOUR WORDS | 15 FAIL FORWARD | 19 WATCH OUR WATER | 17 TAKE THE OTHER ROAD | 21 SURPRISE SOMEONE | 19 PRIORITIZE PEOPLE |
| 22 FIND YOUR CAUSE | 22 HOLD ONTO HOPE | 26 DO A POWER CHECK | 24 BE IMPERFECT | 28 PLAY FREELY | 26 CHAMPION CHANGE |
| | 29 ENJOY THE JOURNEY | | 31 MARCH TO YOUR OWN BEAT | | |

EMM K12 RESOURCES



© 2020 CASEL. All rights reserved.



EMM EDUCATION 2020-2021 CALENDAR



| AUGUST | SEPTEMBER | OCTOBER | NOVEMBER | DECEMBER | JANUARY |
|-------------------------------|------------------------------|--------------------------------|---------------------------|---------------------------|-------------------------------|
| MONDAY GETS COURAGEOUS | MONDAY GETS ACCEPTING | MONDAY GETS CONSISTENT | MONDAY GETS KIND | MONDAY GETS JOYOUS | MONDAY GETS OPTIMISTIC |
| 3 FIND YOUR VOICE | 7 EMBRACE DIFFERENCES | 5 BE PATIENT | 2 GIVE A COMPLIMENT | 7 SMILE LIKE YOU MEAN IT | 4 GET ENERGIZED |
| 10 BE UPSTANDING | 14 WELCOME FEEDBACK | 12 PUT IN THE WORK | 9 OFFER TO HELP | 14 GIVE ONE, GIVE ONE | 11 STAND TALL |
| 17 SAY I'M SORRY | 21 CELEBRATE CHANGE | 19 KNOW YOURSELF | 16 TREAT YOURSELF | 21 CHERISH RELATIONSHIPS | 18 FIND THE SILVER LINING |
| 24 CONQUER A FEAR | 28 BE A GOOD LOSER | 26 CREATE BOUNDARIES | 23 CREATE A RIPPLE | 28 CELEBRATE A MILESTONE | 25 TRAIN YOUR BRAIN |
| 31 MAKE A NEW FRIEND | | | 30 TAKE THE HIGH ROAD | | |
| FEBRUARY | MARCH | APRIL | MAY | JUNE | JULY |
| MONDAY GETS CARING | MONDAY GETS RESILIENT | MONDAY GETS SUSTAINABLE | MONDAY GETS UNIQUE | MONDAY GETS FUN | MONDAY GETS AWARE |
| 1 KNOW WHAT MATTERS MOST | 1 ADAPT THE ATTITUDE | 5 MAKE IT PERSONAL | 3 EMBRACE YOUR GIFTS | 7 GO ON AN ADVENTURE | 5 FOLLOW YOUR GUT |
| 8 STOP, ASK, & LISTEN | 8 WIDEN YOUR VISION | 12 PLAN YOUR PLASTIC | 10 SPEAK UP | 14 GET GOOFY | 12 FORGIVE FREELY |
| 15 CHOOSE YOUR WORDS | 15 PAAL FORWARD | 19 WATCH OUR WATER | 17 TAKE THE OTHER ROAD | 21 SURPRISE SOMEONE | 19 PRIORITIZE PEOPLE |
| 22 FIND YOUR CAUSE | 22 HOLD ONTO HOPE | 25 DO A POWER CHECK | 24 BE IMPERFECT | 28 PLAY FREELY | 25 CHAMPION CHANGE |
| | 29 ENJOY THE JOURNEY | | 31 MARCH TO YOUR OWN BEAT | | |

Learn more at www.everymondaymatters.org

MEETING THE NEED



EMM EDU Resources

- EMM K-12 Curriculum (in-person or virtual/remote platform)
 - Scripted grade-level banded lessons
 - K-2, 3-5, 6-8, and 9-12
 - Accompanying slide decks (PowerPoints)
- High School
 - Exploring student-created/student-led weekly challenges
- Family Companion Activities
 - Foster SEL development at home, too
 - Thoughtful questions and simple activities
- **AT NO COST**

BREAKING IT DOWN

EMM K-12 CURRICULUM

- ★ **YOU MATTER LAUNCH ACTIVITIES**
 - Sets the foundation for I Matter, You Matter, and We Matter
- ★ **MONTHLY THEME-BASED LESSON**
 - Builds background for students



- ★ **FOUR LESSONS EACH WEEK**



BREAKING IT DOWN



MAY - MONDAY GETS UNIQUE

Monthly Launch Lesson

EMBRACE YOUR GIFTS (MAY 3)

| | | | |
|---------------|---------------------------|----------------------------------------------------|-------------------------------|
| Weekly Launch | I Matter: Glad Goggles | You Matter: Change Your Mind Change Your Day | We Matter: Attitude Anthem |
|---------------|---------------------------|----------------------------------------------------|-------------------------------|

SPEAK UP (MAY 10)

| | | | |
|---------------|---------------------------|--------------------------------|------------------------------------------|
| Weekly Launch | I Matter: Hear Me Roar | You Matter: Say You, Say Me | We Matter: Speak Loud, Speak Proud |
|---------------|---------------------------|--------------------------------|------------------------------------------|

TAKE THE OTHER ROAD (MAY 17)

| | | | |
|---------------|----------------------------|-----------------------------------|---------------------|
| Weekly Launch | I Matter: You Are Here! | You Matter: The Road Not Taken | We Matter: Maybe |
|---------------|----------------------------|-----------------------------------|---------------------|

BE IMPERFECT (MAY 24)

| | | | |
|---------------|----------------------------------|--------------------------|-----------------------------------|
| Weekly Launch | I Matter: Perfectly Imperfect | You Matter: Our Wings | We Matter: Eye of the Beholder |
|---------------|----------------------------------|--------------------------|-----------------------------------|

MARCH TO YOUR OWN BEAT (MAY 31)

| | | | |
|---------------|-----------------------|-------------------------------|----------------------------------|
| Weekly Launch | I Matter: My Music | You Matter: Play That Song | We Matter: Together, We March |
|---------------|-----------------------|-------------------------------|----------------------------------|

ACCESSING EMM RESOURCES



PROGRAMS ▾ MONDAYS OUR WORK ABOUT CONTACT DONATE STORE

 LOGIN

THIS MONTH: MONDAY GETS UNIQUE

Every month, a new theme.
Every week, a new strategy for living it out.

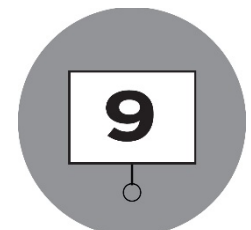
[See the 2021 Calendar](#)

<https://www.everymondaymatters.com/>

LESSON OVERVIEW

BREAKING IT DOWN

EMM ICONS:





TODAY'S ACTIVITY: "GRIT PIT"

- Students will recognize situations that require resilience and grit. Students individually brainstorm a time when they needed resilience and how their thinking and actions during that time either helped or hindered them.
- Pencils or pens, copies of the Grit Pit Handout (or use the handout as a template), crayons, colored pencils or markers - optional.
Prep time: 10-15 minutes (including creating a sample handout)
- This activity asks for students to reflect on a challenge or difficult situation in which they used their "GRIT" and resilience to move forward. Consider the support students may need if they are reluctant to think about or discuss their challenging experiences. There are two parts to this activity: (1) preliminary questions and thinking of a difficult event (2) brainstorming non-helpful and helpful ideas for facing challenges. *Introducing the activity and brainstorming may take up to 30 minutes. Depending on time, consider breaking the lesson into two activities. Modify as needed.

| 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 how choosing helpful thoughts and actions can lift us out of difficulty.
- 2** UNDERSTAND that each person's strengths contribute to the overall resilience of a group.
- 3** ENGAGE in making life's journey more enjoyable for yourself and others through positivity and strength.



Cover page:



- ★ Theme
- ★ Weekly Strategy
- ★ Activity Summary
- ★ Prep
- ★ Educator's Note
- ★ Standards Covered
- ★ Week's Goals

Student Activity: (pg.2-3)

- ★ Launch
 - Intro the theme/strategy
- ★ Inquiry
 - Get students thinking
- ★ Engage
 - Engage
- ★ Reflect
 - Students make connections
- ★ Wrap Up
 - Thank students



LAUNCH



-   What does RESILIENCE mean to you?
Possible responses: RESILIENCE means recovering from difficulties, coping with a crisis, or moving forward after something tough.
When was a time that you showed great RESILIENCE?
How do you think RESILIENCE can help us to ENJOY THE JOURNEY of life?
What do you think RESILIENT people have in common?

-   Thinking back on your life, you can probably identify at least one event that required you to be strong and get RESILIENT. Maybe you really struggled with a certain concept in school. Maybe you've had a challenging friendship, or faced a personal tragedy. During those times, you were able to rise above the difficulty. The truth is, you have a 100% success rate with facing challenges, because you are here today! That strength shows a lot about you. And when you have that kind of strength, it's called GRIT.

INQUIRY

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.

-   Have you heard the word GRIT before? What images, phrases, or words come to mind when you hear it?
Do you know anyone who has a lot of personal strength, who seems like they can get through any challenge? What stands out to you about that person?
When someone shows GRIT and RESILIENCE, what might they be saying or doing?
Have you ever felt like you are stuck in a PIT of some kind? How long did it take for you to get out?

-   Often, when we go through something difficult on our JOURNEY, it can feel like we fell into a PIT that we can't get out of. And when we're there, we have a choice. We can either remain in the PIT feeling lousy or we can do our best to get out of it. Sometimes that means asking for help. Sometimes it means calling on our own strengths or taking time for self-care. Sometimes it means finding the fun side or things. But whatever got us into the PIT, it's easier to get out of it when we have GRIT.

ENGAGE:

Directions: Have Grit Pit handouts available for each student to complete. If teaching remotely, think about having students brainstorm RESILIENT resources using a digital bulletin board or word cloud to type their responses. Students will fill out their handouts and brainstorm at the same time.

Last page:

★ Extend

- reinforcing activities

★ Lesson quote

WRAP UP

Thank you for your honesty and thoughtfulness about facing difficult experiences. Remember that you have the GRIT it takes to work through tough situations. We know using GRIT will help you to ENJOY your life's JOURNEY and we challenge you to call on your GRIT next time you face a tough situation to show yourself that I MATTER.

EXTEND

Think about providing more opportunities for students to recognize their own GRIT and RESILIENCE by doing one or more of the following extension activities:

- 1 "The Pit":** Just for fun, listen to the following 1:41 song by "Mouse Rat" (Chris Pratt) from Parks and Recreation called "The Pit" at <http://bit.ly/3f3eXiy>. Have students reflect on the song's lyrics.
- 2 Interview a Friend:** Have students identify someone they know, then interview that person about a time they were in a PIT and how they worked through it. This could be a loved one, a classmate, a teacher, or someone they might not know very well. (Can be combined with extension activity #3)
- 3 Survivors:** Show one of the following videos of people who have become RESILIENT through very difficult events: <http://bit.ly/2PfoH2B> (6:58 video of kids meeting a refugee from the Democratic Republic of Congo. Contains truthful, brief accounts of violence.) OR <http://bit.ly/3sfaTQk> (5:37 video of kids meeting a burn survivor. Contains truthful, brief accounts of burn injuries and tragedy.) Split students into two groups. Have one group focus on the interviewees and how they approached these difficult topics, and the other group focus on what the interviewee did to show RESILIENCE. What actions did they take during their difficulties? What other methods did they use to show GRIT (humor, support systems, positive self-talk, etc)? How does their RESILIENCE help others on their JOURNEY?
- 4 Lend Yourself a Hand:** Have students write a letter to their future selves about GRIT and what they can do to work through challenges and get out of the PIT. Letters could include things like, "You got this, keep going!" or other encouragement. Alternatively, think about having students write a similar letter to a friend.
- 5 Read the illustrated book What Do You Do With a Problem?:** by Kobi Yamada. Discuss with students what "beautiful thing" or opportunity their problem might have inside it. Read aloud link: <https://bit.ly/3tL5H7a>

“ TAKE PRIDE IN HOW FAR YOU’VE COME. HAVE FAITH IN HOW FAR YOU CAN GO. BUT DON’T FORGET TO ENJOY THE JOURNEY. ”
- MICHAEL JOSEPHSON, AMERICAN ATTORNEY AND FORMER LAW PROFESSOR

DIVE IN

MONDAY GETS RESILIENT

THIS WEEK'S
FOCUS:

ENJOY
THE
JOURNEY

GRADE
LEVEL:
6-8



WE MATTER

**30
MIN**



TODAY'S ACTIVITY: "BRING IT TO THE BARBECUE!"

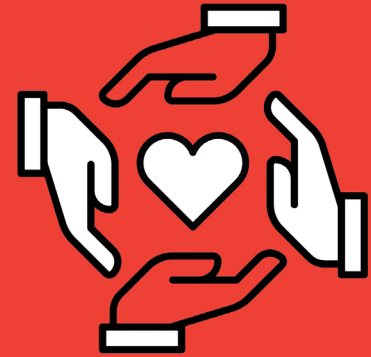
YOU MATTER LAUNCH LESSONS



I MATTER



YOU MATTER



WE MATTER

THE WEEKLY HIGH SCHOOL CHALLENGE

MONDAY GETS RESILIENT

This week's challenge:

ADAPT THE ATTITUDE

- 1 Share a time you had to work through a challenge
- 2 Share something good and positive that happened this
- 3 Post a gif of you showing off your positive super powers

#EMM #YOUMATTER #EMMHSC #EVERYMONDAYMATTERS

YOU MATTER



This week's challenge:

HOLD ONTO HOPE

- 1 Who inspires you? Share with us on Instagram or Tik Tok
- 2 Share your go-to song, poem, or quote to get you inspired
- 3 Who are your inspiring friends and how do they energize you

#EMM #YOUMATTER #EMMHSC #EVERYMONDAYMATTERS

YOU MATTER



This week's challenge:

FAIL FORWARD

- 1 Post an inspiring statement to let others know it's ok to fail
- 2 Create a motivational Tik Tok video to fire up your friends
- 3 Share a story of one way you've grown over the years

#EMM #YOUMATTER #EMMHSC #EVERYMONDAYMATTERS

YOU MATTER



MONDAY GETS RESILIENT

MARCH 29TH

THIS WEEK'S FOCUS:
ENJOY THE JOURNEY

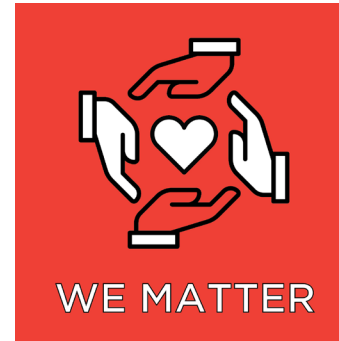


THIS MONTH:
MONDAY GETS RESILIENT



HOW-TO IMPLEMENT:

1. Start with the You Matter Launch Lessons:



2. Review the EMM EDU Calendar

3. Explore EMM EDU Lessons

- Available Lessons: August to present

4. Identify the lessons and elements that best supports your students and program.

Questions or thoughts



IT STARTS WITH YOU



**MONDAY
GETS
DEDICATED**

THIS WEEK: TAKE THE FIRST STEP



YOUR FIRST MONDAY IS JUST A FEW DAYS AWAY.
YOU MATTER.



HOW ARE YOU FEELING?

Please share in chat box.



HOW ARE YOU FEELING?

Please share in chat box.

There is always light, if only we're brave enough to see. If only we're brave enough to be it.



- Amanda Gorman, poet

YOU MATTER TO US

Access EMM resources at:

www.everymondaysmatters.com

Jocelyn Guansing, EMM Director of Education

jocelyn@everymondaysmatters.org

Follow us on social media:



[@mondaysmatter](https://twitter.com/mondaysmatter)



facebook.com/everymondaysmatters