



**YOU
MATTER™**

**MONDAY
GETS
MINDFUL**

MAY 2020



THIS WEEK: **TURN THE PAGE**

Buddha's quote, "Nothing is forever except change," might be the biggest bane of our existence. We hate change. We always have and probably always will. But we shouldn't necessarily beat ourselves up for this because part of our reaction to change is also physiological. Our body constantly seeks a state of homeostasis or equilibrium. It likes to maintain things like normal body temperature, metabolism, and organ function, as it deems them necessary for survival. This is why your body often tells you to quit in the middle of an exercise class, for you are disrupting the system. But this is also why you keep going, because you have the ability to change your thoughts and to finish strong. So, this week, let's all choose to **TURN THE PAGE**. Our minds are powerful... which can be both...

[READ MORE](#) & MOVE ON.



HEY STUDENTS!

IT'S GOING TO BE AN IMAGINATIVE WEEK IN EMM'S LIVE ONLINE CLASSES. DON'T MISS OUT.

- Grades 3-5: 12:30 pm PST (Wed, Fri)
- Grades 6-8: 1:30 pm PST (Wed, Fri)

SIGN UP TODAY. LINK BELOW.

[Click here](#) to register for this week's classes. See you in a few hours.



FAMILY/PARENT RESOURCES

Start enjoying the EMM activities for you and your child/children. Every week, we post new activities for students in grades K-2, 3-5, and 6-8.

[Click here](#) to get this week's activities.



PROFESSIONAL DEVELOPMENT

Now more than ever, we believe in the need to invest in our teachers, educators, and front-line staffers. We are offering a variety of online trainings and workshops for your team at reduced rates. Some of the topics include:

- Finding Normal in a New Normal
- Your Story Matters
- Living, Teaching, and Embracing Social and Emotional Learning
- Developing High-Quality Service Learning
- I Matter, You Matter, We Matter
- Mastering the EMM K12 Education Program

If you are interested in booking a training or a series of trainings, please email us at edu@everymondymatters.org. We hope to see you and your team online soon.

You matter.
The EMM Education Team

[DONATE HERE](#) TO SUPPORT THE GROWTH OF OUR K-12 EDUCATION PROGRAM. OUR YOUTH NEED TO KNOW HOW MUCH AND WHY THEY MATTER... IT CHANGES EVERYTHING. WITH YOUR GENEROUS CONTRIBUTION, YOU CAN HELP US DO JUST THAT. YOU MATTER.

EVERY MONDAY MATTERS IS A NOT-FOR-PROFIT ORGANIZATION COMMITTED TO CREATING A NEW NORMAL, WHERE INDIVIDUALS AND ORGANIZATIONS UNDERSTAND HOW MUCH AND WHY THEY MATTER TO THEMSELVES, THE COMMUNITY AROUND THEM, AND THE WORLD.



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