

The Subject of Self

LESSON 1 | MIDDLE SCHOOL

This worksheet gives you space to express your thoughts and feelings. On the reverse side of this handout, you'll find emotional and physical workouts that will help you reflect.

This is what reflection means to me.

This is what the Subject of Self means to me.

The Subject of Self

EMOTIONAL WORKOUTS

1. Close your eyes. What do you see in your mind when you think of the following words/phrases: A) Self B) Reflection C) Self-Reflection

2. Do you spend time reflecting on what's going on around you? Your actions? The actions of others? Your goals/dreams for your future?

3. How can physical reflection be helpful? How can emotional reflection be helpful?

4. What makes you nervous about studying the Subject of Self? What makes you excited about studying the Subject of Self?

5. What is one thing you learned about yourself through your responses? Share with a classmate or family member.

PHYSICAL WORKOUTS

subjectofself.org/workouts

Connect

Presence

Respect

Aware

Peace

Me and My Country

LESSON 2 | MIDDLE SCHOOL

This worksheet gives you space to express your thoughts and feelings. On the reverse side of this handout, you'll find emotional and physical workouts that will help you reflect.

This is a self-portrait.

This is a portrait of the United States.

Me and My Country

EMOTIONAL WORKOUTS

1. Close your eyes. What do you see in your mind when you think of the following words/phrases: A) Self B) United States

2. What are some words that you associate with yourself? What are some words that you associate with the United States?

3. Has your view of yourself changed throughout time?

4. Has your view of the United States changed throughout time?

5. What is one thing you learned about yourself through your responses? Share with a classmate or family member.

PHYSICAL WORKOUTS

subjectofself.org/workouts

Imagine

Power

Freedom

Build

Presence

My Dictionary

LESSON 3 | MIDDLE SCHOOL

This worksheet gives you space to express your thoughts and feelings. On the reverse side of this handout, you'll find emotional and physical workouts that will help you reflect.

WE ALL USE WORDS FROM THE SAME DICTIONARY.

WE ALL INTERPRET WORDS DIFFERENTLY.

How is your dictionary different?

What is a word that you interpret differently than others around you?

MAINSTREAM DEFINITION

dictionary: a book that lists the words of a language and provides their meaning

PERSONAL DEFINITION

dictionary: _____

DRAW IT OUT ○>

EMOTIONAL WORKOUTS

1. Close your eyes. What do you see in your mind when you think of the following words: A) Dictionary B) Interpret

2. Is it possible for a word to mean something to one person but have an entirely different meaning to someone else?

3. When was a time that you interpreted something differently than someone around you?

4. Are you aware of how your interpretations differ from those of others around you?

5. What is one thing you learned about yourself through your responses? Share with a classmate or family member.

PHYSICAL WORKOUTS

subjectofself.org/workouts

Think

Solution

Empathy

Respect

Discover

My Dictionary (healthy + unhealthy)

LESSON 4 | MIDDLE SCHOOL

This worksheet gives you space to express your thoughts and feelings. On the reverse side of this handout, you'll find emotional and physical workouts that will help you reflect.

MAINSTREAM DEFINITION

healthy: someone who shows physical, mental, and social well-being

PERSONAL DEFINITION

healthy: _____

DRAW IT OUT

MAINSTREAM DEFINITION

unhealthy: not having or showing physical, mental, or social well-being

PERSONAL DEFINITION

unhealthy: _____

DRAW IT OUT

EMOTIONAL WORKOUTS

1. Close your eyes. What do you see in your mind when you think of the following words: A) Healthy B) Unhealthy

2. How do you take care of your body to keep it healthy? What might you do that would make your body unhealthy?

3. How do you take care of your mind to keep it healthy? What might you do that would make your mind unhealthy?

4. How do you take care of your social relationships to keep them healthy? What might you do that would make your social relationships unhealthy?

5. What is one thing you learned about yourself through your responses? Share with a classmate or family member.

PHYSICAL WORKOUTS

subjectofself.org/workoutsAliveEnergyStrengthConnectPresence

The Value of Money

LESSON 5 | MIDDLE SCHOOL

This worksheet gives you space to express your thoughts and feelings. On the reverse side of this handout, you'll find emotional and physical workouts that will help you reflect.

I'M MORE THAN A DEFINITION.
I DO THINGS BEYOND YOUR VISION.

I pay bills

I employ

I buy thrills

I destroy

I am dollar

DRAW IT OUT 

The Value of Money

EMOTIONAL WORKOUTS

1. Close your eyes. What do you see in your mind when you think of the following words: A) Bills B) Thrills C) Destroy

2. What emotions are associated with money?

3. What do students your age spend money on? What kind of “thrills” can money buy? How can money “destroy”?

4. What is the value of money in your life?

5. What is one thing you learned about yourself through your responses? Share with a classmate or family member.

PHYSICAL WORKOUTS

subjectofself.org/workouts

Ambitious

Success

Frustrated

Build

Release

My Dictionary (home + school)

LESSON 6 | MIDDLE SCHOOL

This worksheet gives you space to express your thoughts and feelings. On the reverse side of this handout, you'll find emotional and physical workouts that will help you reflect.

MAINSTREAM DEFINITION

home: the place where one lives, especially as a member of a family or household

PERSONAL DEFINITION

home: _____

DRAW IT OUT

MAINSTREAM DEFINITION

school: an institution for educating children

PERSONAL DEFINITION

school: _____

DRAW IT OUT

EMOTIONAL WORKOUTS

1. Close your eyes. What do you see in your mind when you think of the following words: A) Home B) School

2. Who do live with in your home? How do you take care of your home? What is a small thing you could do to improve your home? (For example: help out with the cooking, clean up your room, etc.)

3. How do you take care of your school? What is a small thing you could do to improve your school? (For example: help a classmate with homework.)

4. What makes your home feel like home? What makes school feel like school?

5. What is one thing you learned about yourself through your responses? Share with a classmate or family member.

PHYSICAL WORKOUTS

subjectofself.org/workoutsSafeAwareLoveRespectCalm

The Value of Expression

LESSON 7 | MIDDLE SCHOOL

This worksheet gives you space to express your thoughts and feelings. On the reverse side of this handout, you'll find emotional and physical workouts that will help you reflect.

I'M MORE THAN A DEFINITION.
I DO THINGS BEYOND YOUR VISION.

Press me wisely

I can create

Lead me poorly

I can spread hate

I am pencil

DRAW IT OUT 

The Value of Expression

EMOTIONAL WORKOUTS

1. Close your eyes. What do you see in your mind when you think of the following words: A) Create B) Hate

2. How do people use the written word to spread hate? How do people use the written word to spread love?

3. Imagine that you're writing about an important concern to bring to the White House. What is the issue, and why is it important to you?

4. How do you value expression?

5. What is one thing you learned about yourself through your responses? Share with a classmate or family member.

PHYSICAL WORKOUTS

subjectofself.org/workouts

Perseverance

Focus

Worry

Solution

Patience

My Dictionary (family + stranger)

LESSON 8 | MIDDLE SCHOOL

This worksheet gives you space to express your thoughts and feelings. On the reverse side of this handout, you'll find emotional and physical workouts that will help you reflect.

MAINSTREAM DEFINITION

family: a group of people related to one another

PERSONAL DEFINITION

family: _____

DRAW IT OUT

MAINSTREAM DEFINITION

stranger: a person whom one does not know or with whom one is not familiar

PERSONAL DEFINITION

stranger: _____

DRAW IT OUT

EMOTIONAL WORKOUTS

1. Close your eyes. What do you see in your mind when you think of the following words: A) Family B) Stranger

2. Whom do you consider to be a part of your family (immediate or extended)? Pets count too!

3. How do you feel when you are amongst family? How do you feel when you are amongst strangers?

4. Do you act differently when you are amongst strangers versus when you are with your family?

5. What is one thing you learned about yourself through your responses? Share with a classmate or family member.

PHYSICAL WORKOUTS

subjectofself.org/workoutsDedicationLoveAwareGritPeace

Who's in My Circle

LESSON 9 | MIDDLE SCHOOL

This worksheet gives you space to express your thoughts and feelings. On the reverse side of this handout, you'll find emotional and physical workouts that will help you reflect.

WE ARE ALL PART OF A CIRCLE.

Who is in our circle is sometimes our choice, and sometimes someone is in our circle because of a circumstance out of our control.

Who is in your circle?

MAINSTREAM DEFINITION

circle: a group of people who share a common interest, aim, or purpose; a universal symbol with extensive meaning representing notions of totality and wholeness

PERSONAL DEFINITION

circle: _____

DRAW IT OUT 

Who's in My Circle

EMOTIONAL WORKOUTS

1. What do you see in your mind when you think of the following words/phrases: A) Circle B) Purpose C) Common interest

2. Who are the people who have the largest impact on your life? Are some of these people in your life by choice? Are some of these people in your life not by choice?

3. Who are some people in your life who have the same interests as you?

4. What do you think it means to be a part of a community? What is your role in our class community?

5. What is one thing you learned about yourself through your responses? Share with a classmate or family member.

PHYSICAL WORKOUTS

subjectofself.org/workouts

Strength

Commit

Respect

Build

Grateful

The Value of Time

LESSON 10 | MIDDLE SCHOOL

This worksheet gives you space to express your thoughts and feelings. On the reverse side of this handout, you'll find emotional and physical workouts that will help you reflect.

I'M MORE THAN A DEFINITION.
I DO THINGS BEYOND YOUR VISION.

Fill me with magic

Breathe in the bliss

Sometimes I'm tragic

And can be missed

I am minute

DRAW IT OUT 

The Value of Time

EMOTIONAL WORKOUTS

1. Close your eyes. What do you see in your mind when you think of the following words: A) Magic B) Bliss C)Tragic

2. Not all actions are your free choice. Who else determines what you do with your time?

3. What would you like to spend more time doing? What would you like to spend less time doing?

4. How do you value time?

5. What is one thing you learned about yourself through your responses? Share with a classmate or family member.

PHYSICAL WORKOUTS

subjectofself.org/workouts

Resilience

Worry

Grit

Aware

Freedom

My Dictionary (empathy + gratitude)

LESSON 11 | MIDDLE SCHOOL

This worksheet gives you space to express your thoughts and feelings. On the reverse side of this handout, you'll find emotional and physical workouts that will help you reflect.

MAINSTREAM DEFINITION

empathy: the ability to understand and share the feelings of another

PERSONAL DEFINITION

empathy: _____

DRAW IT OUT

MAINSTREAM DEFINITION

gratitude: the quality of being thankful; readiness to show appreciation for and to return kindness

PERSONAL DEFINITION

gratitude: _____

DRAW IT OUT

EMOTIONAL WORKOUTS

1. Close your eyes. What do you see in your mind when you think of the following words: A) Empathy B) Gratitude

2. What was an act of empathy that you witnessed recently (in person, on the internet, or on television)? Who did this act impact? How did it make them feel?

3. How do you feel when someone thanks you for something?

4. Who is someone you are thankful for?

5. What is one thing you learned about yourself through your responses? Share with a classmate or family member.

PHYSICAL WORKOUTS

subjectofself.org/workoutsGratefulAcceptRespectEmpathyPeace

Walk in My Shoes

LESSON 12 | MIDDLE SCHOOL

This worksheet gives you space to express your thoughts and feelings. On the reverse side of this handout, you'll find emotional and physical workouts that will help you reflect.

WE ARE ALL UNIQUE.

We each have different experiences and perspectives.

What is it like to walk in your shoes?

MAINSTREAM DEFINITION

“to walk a mile in someone’s shoes:” an idiom that means you should try to understand someone by seeing and experiencing something from their point of view

PERSONAL DEFINITION

“to walk a mile in someone’s shoes:

DRAW IT OUT ○>

Walk in My Shoes

EMOTIONAL WORKOUTS

1. What do you see in your mind when you think of the following words/phrases: A) Perspective B) Understanding C) Walk a mile in someone's shoes

2. When was a time you felt like someone really knew how you were feeling? How could you tell that they understood your feelings? How did it feel?

3. Empathy is a skill that people have to learn and practice. Why do you think that is? Why is it important that we try to understand how someone else is feeling?

4. Whom would you like to take a walk in your shoes? What would you like people to learn about you?

5. What is one thing you learned about yourself through your responses? Share with a classmate or family member.

PHYSICAL WORKOUTS

subjectofself.org/workouts

Empathy

Resilience

Aware

Connect

Calm

My Dictionary (together + isolation)

LESSON 13 | MIDDLE SCHOOL

This worksheet gives you space to express your thoughts and feelings. On the reverse side of this handout, you'll find emotional and physical workouts that will help you reflect.

MAINSTREAM DEFINITION

together: with or in proximity to another person or people

PERSONAL DEFINITION

together: _____

DRAW IT OUT

MAINSTREAM DEFINITION

isolation: (a person or place) to be or remain alone or apart from others

PERSONAL DEFINITION

isolation: _____

DRAW IT OUT

EMOTIONAL WORKOUTS

1. Close your eyes. What do you see in your mind when you think of the following words: A) Together B) Isolation

2. Do you prefer to be by yourself or be surrounded by a group of people?

3. Do you act differently when you are by yourself than when you are with others?

4. In what ways do you stay connected to people when you cannot physically be with them in person?

5. What is one thing you learned about yourself through your responses? Share with a classmate or family member.

PHYSICAL WORKOUTS

subjectofself.org/workoutsSafeFearlessFrustratedResilienceSolution

The News Around Me

LESSON 14 | MIDDLE SCHOOL

This worksheet gives you space to express your thoughts and feelings. On the reverse side of this handout, you'll find emotional and physical workouts that will help you reflect.

EVENTS HAPPEN DAILY.

SOME GET REPORTED, AND SOME DO NOT.

Information can come from anyone, anywhere, and at any time.

Where and whom do you get your news from?

MAINSTREAM DEFINITION

news: newly received or noteworthy information, especially about recent or important events; it is both objective and subjective

PERSONAL DEFINITION

news: _____

DRAW IT OUT ○>

The News Around Me

EMOTIONAL WORKOUTS

1. What do you see in your mind when you think of the following words:
A) News B) Objective C) Subjective

2. Where do you receive your news? From the internet? Your parents?
School? The newspaper?

3. How can you determine if a news source is trustworthy?

4. What is the benefit of using multiple sources to get your news?

5. What is one thing you learned about yourself through your responses?
Share with a classmate or family member.

PHYSICAL WORKOUTS

subjectofself.org/workouts

Freedom

Think

Worry

Discover

Presence

My Dictionary (responsibility + careless)

LESSON 15 | MIDDLE SCHOOL

This worksheet gives you space to express your thoughts and feelings. On the reverse side of this handout, you'll find emotional and physical workouts that will help you reflect.

MAINSTREAM DEFINITION

responsibility: the state or fact of having a duty to deal with something or of having control over someone

PERSONAL DEFINITION

responsibility: _____

DRAW IT OUT

MAINSTREAM DEFINITION

careless: not giving sufficient attention or thought to avoiding harm or errors

PERSONAL DEFINITION

careless: _____

DRAW IT OUT

EMOTIONAL WORKOUTS

1. Close your eyes. What do you see in your mind when you think of the following words: A) Responsibility B) Careless

2. Do you have responsibilities? If yes, how do you feel about your responsibilities?

3. Pick one person in your family and reflect on the responsibilities they have.

4. Is there a time in your life when you have been careless? As you reflect on that time now, would you do anything differently?

5. What is one thing you learned about yourself through your responses? Share with a classmate or family member.

PHYSICAL WORKOUTS

subjectofself.org/workoutsCommitProudConfidenceRespectPatience

The Value of Water

LESSON 16 | MIDDLE SCHOOL

This worksheet gives you space to express your thoughts and feelings. On the reverse side of this handout, you'll find emotional and physical workouts that will help you reflect.

I'M MORE THAN A DEFINITION.
I DO THINGS BEYOND YOUR VISION.

See how I flow

Around the planet

So many roles

Don't take me for granted

I am water

DRAW IT OUT 

The Value of Water

EMOTIONAL WORKOUTS

1. Close your eyes. What do you see in your mind when you think of the following words/phrases: A) Flow B) Role C) Take for granted

2. What are the different ways in which you have used water this week?

3. How has water impacted your health this week?

4. How do you value water?

5. What is one thing you learned about yourself through your responses? Share with a classmate or family member.

PHYSICAL WORKOUTS

subjectofself.org/workouts

Calm

Happy

Alive

Energy

Peace

The Value of Nature

LESSON 17 | MIDDLE SCHOOL

This worksheet gives you space to express your thoughts and feelings. On the reverse side of this handout, you'll find emotional and physical workouts that will help you reflect.

I'M MORE THAN A DEFINITION.
I DO THINGS BEYOND YOUR VISION.

Take care of my bark

And all my feelings

I fill up your park

With shade and healing

I am tree

DRAW IT OUT 

The Value of Nature

EMOTIONAL WORKOUTS

1. Close your eyes. What do you see in your mind when you think of the following words: A) Feelings B) Healing

2. What parts of nature do you enjoy the most?

3. Imagine a park without nature. What would it look like? Feel like?

4. How do you value nature?

5. What is one thing you learned about yourself through your responses? Share with a classmate or family member.

PHYSICAL WORKOUTS

subjectofself.org/workouts

Angry

Resilience

Build

Grateful

Focus

My School Year

LESSON 18 | MIDDLE SCHOOL

This worksheet gives you space to express your thoughts and feelings. On the reverse side of this handout, you'll find emotional and physical workouts that will help you reflect.

TODAY'S DATE :

Reflect on how the school year is going so far.

What do you think the future will look like?

DRAW IT OUT 

My School Year

EMOTIONAL WORKOUTS

1. Close your eyes. What do you see in your mind when you think of the following word: A) Future

2. What has been a low point of your school year so far? What has been a high point?

3. What emotions do you feel when you think about completing this school year?

4. What goal might you set for yourself for the remainder of the school year?

5. What is one thing you learned about yourself through your responses? Share with a classmate or family member.

PHYSICAL WORKOUTS

subjectofself.org/workouts

Imagine

Grit

Perseverance

Work

Patience

Where I Live

LESSON 19 | MIDDLE SCHOOL

This worksheet gives you space to express your thoughts and feelings. On the reverse side of this handout, you'll find emotional and physical workouts that will help you reflect.

WE ALL LIVE ON EARTH.

The earth is our home.

What do you want people to know about our home?

MAINSTREAM DEFINITION

earth: the planet; the world; the place where we all live

PERSONAL DEFINITION

earth: _____

DRAW IT OUT ○>

EMOTIONAL WORKOUTS

1. What do you see in your mind when you think of the following words:
A) Earth B) Home

2. What are some natural resources that come from the earth?

3. What are some of the factors that threaten our natural resources?

4. How can humans take care of one another during their time on Earth?

5. What is one thing you learned about yourself through your responses?
Share with a classmate or family member.

PHYSICAL WORKOUTS

subjectofself.org/workouts

Respect

Proud

Grateful

Work

Safe

My Dictionary (essential + non-essential)

LESSON 20 | MIDDLE SCHOOL

This worksheet gives you space to express your thoughts and feelings. On the reverse side of this handout, you'll find emotional and physical workouts that will help you reflect.

MAINSTREAM DEFINITION

essential: absolutely necessary; extremely important

PERSONAL DEFINITION

essential: _____

DRAW IT OUT

MAINSTREAM DEFINITION

non-essential: not absolutely necessary

PERSONAL DEFINITION

non-essential: _____

DRAW IT OUT

EMOTIONAL WORKOUTS

1. Close your eyes. What do you see in your mind when you think of the following words: A) Essential B) Non-essential

2. Based on your perspective, what are some essential services in our society?

3. Based on your perspective, what are some non-essential services in our society?

4. What are your thoughts about labeling workers 'essential' and 'non-essential' during the pandemic?

5. What is one thing you learned about yourself through your responses? Share with a classmate or family member.

PHYSICAL WORKOUTS

subjectofself.org/workouts

Proud

Respect

Commit

Perseverance

Resilience

The Value of Food

LESSON 21 | MIDDLE SCHOOL

This worksheet gives you space to express your thoughts and feelings. On the reverse side of this handout, you'll find emotional and physical workouts that will help you reflect.

I'M MORE THAN A DEFINITION.
I DO THINGS BEYOND YOUR VISION.

Enjoy our moment

Savor every bite

I'll spark your senses

Beyond appetite

I am food

DRAW IT OUT 

The Value of Food

EMOTIONAL WORKOUTS

1. Close your eyes. What do you see in your mind when you think of the following words: A) Enjoy B) Savor C) Spark

2. How does your mind feel when you eat your favorite food? How does your body feel when you eat that food?

3. What are different ways in which a person's values can influence their food choices?

4. How do you value food?

5. What is one thing you learned about yourself through your responses? Share with a classmate or family member.

PHYSICAL WORKOUTS

subjectofself.org/workouts

Energy

Discover

Imagine

Strength

Peace

Making Lemonade

LESSON 22 | MIDDLE SCHOOL

This worksheet gives you space to express your thoughts and feelings. On the reverse side of this handout, you'll find emotional and physical workouts that will help you reflect.

WE ALL GO THROUGH HARDSHIP.

However small or big, our attitude affects the outcome.

How do you turn a hardship into an opportunity?

MAINSTREAM DEFINITION

“when life gives you lemons, make lemonade:”

an idiom used to encourage perseverance and resilience in the face of a challenge

PERSONAL DEFINITION

“when life gives you lemons, make lemonade:”

DRAW IT OUT 

Making Lemonade

EMOTIONAL WORKOUTS

1. What do you see in your mind when you think of the following words/phrases: A) Hardship B) Opportunity C) When life gives you lemons, make lemonade

2. When have you overcome a challenging situation in the past, and what strengths do you have that helped you?

3. How do you feel when you finally understand or accomplish something challenging?

4. Think of an example of a challenge that you are currently facing, and how your personal strengths can help you overcome that challenge.

5. What is one thing you learned about yourself through your responses? Share with a classmate or family member.

PHYSICAL WORKOUTS

subjectofself.org/workouts

Perseverance

Resilience

Angry

Strength

Peace

My Dictionary (power + powerless)

LESSON 23 | MIDDLE SCHOOL

This worksheet gives you space to express your thoughts and feelings. On the reverse side of this handout, you'll find emotional and physical workouts that will help you reflect.

MAINSTREAM DEFINITION

power: the ability to control people or things

PERSONAL DEFINITION

power: _____

DRAW IT OUT

MAINSTREAM DEFINITION

powerless: lacking the strength or ability to do something or stop something

PERSONAL DEFINITION

powerless: _____

DRAW IT OUT

EMOTIONAL WORKOUTS

1. Close your eyes. What do you see in your mind when you think of the following words: A) Power B) Powerless

2. What emotions do you feel when you hear the word “power?”

3. Where or how does a person get power? Who are some people that have power in your life? Who are some people that do not have power in your life?

4. Where or how does a group get power? What are some groups that have power in your life? What are some groups that do not have power in your life?

5. What is one thing you learned about yourself through your responses? Share with a classmate or family member.

PHYSICAL WORKOUTS

subjectofself.org/workoutsPowerFrustratedCourageWorryRelease

The Value of Fabric

LESSON 24 | MIDDLE SCHOOL

This worksheet gives you space to express your thoughts and feelings. On the reverse side of this handout, you'll find emotional and physical workouts that will help you reflect.

I'M MORE THAN A DEFINITION.
I DO THINGS BEYOND YOUR VISION.

I can keep you warm

And help you survive

Make a uniform

Provide a coat drive

I am fabric

DRAW IT OUT 

The Value of Fabric

EMOTIONAL WORKOUTS

1. Close your eyes. What do you see in your mind when you think of the following words: A) Survive B) Provide

2. Is there a special fabric or article of clothing that's important to your culture, religion, or family?

3. Besides clothing, what are some other ways that you use fabric?

4. How do you value fabric?

5. What is one thing you learned about yourself through your responses? Share with a classmate or family member.

PHYSICAL WORKOUTS

subjectofself.org/workouts

Build

Strength

Love

Fearless

Freedom

Think Outside the Box

LESSON 25 | MIDDLE SCHOOL

This worksheet gives you space to express your thoughts and feelings. On the reverse side of this handout, you'll find emotional and physical workouts that will help you reflect.

WE ALL THINK.

We all have thoughts about the past, present, and the future.

We all have thoughts that comfort us and thoughts that make us uncomfortable.

If you were to go out of your comfort zone, what would you do?

MAINSTREAM DEFINITION

“think outside the box:” an idiom used to encourage perseverance and resilience in the face of a challenge

PERSONAL DEFINITION

“think outside the box:”

DRAW IT OUT ○>

Think Outside the Box

EMOTIONAL WORKOUTS

1. What do you see in your mind when you think of the following words/phrases: A) Comfort zone B) Uncomfortable C) Think outside the box

2. What are some places where you feel safe? What is it about these places that makes you feel safe?

3. What are some of your regular routines and daily habits that you do each day? How does it feel when something in your daily routine changes?

4. What might happen if everyone in the world went outside of their comfort zones all the time?

5. What is one thing you learned about yourself through your responses? Share with a classmate or family member.

PHYSICAL WORKOUTS

subjectofself.org/workouts

Courage

Grit

Alive

Respect

Safe

The Value of Music

LESSON 26 | MIDDLE SCHOOL

This worksheet gives you space to express your thoughts and feelings. On the reverse side of this handout, you'll find emotional and physical workouts that will help you reflect.

I'M MORE THAN A DEFINITION.
I DO THINGS BEYOND YOUR VISION.

From sad to happy

I affect feelings

I can be snappy

Listen for healing

I am song

DRAW IT OUT 

The Value of Music

EMOTIONAL WORKOUTS

1. Close your eyes. What do you see in your mind when you think of the following words: A) Sad B) Happy C) Healing

2. How do you listen to music? On a phone, computer, or radio? Do you wear headphones? What is your favorite song? What do you like about this song?

3. Is there a song that has a special meaning to you? What song is it and why is it special?

4. How do you value music?

5. What is one thing you learned about yourself through your responses? Share with a classmate or family member.

PHYSICAL WORKOUTS

subjectofself.org/workouts

Imagine

Love

Energy

Focus

Peace

My Dictionary (hope + fear)

LESSON 27 | MIDDLE SCHOOL

This worksheet gives you space to express your thoughts and feelings. On the reverse side of this handout, you'll find emotional and physical workouts that will help you reflect.

MAINSTREAM DEFINITION

hope: a feeling of expectation and desire for a certain thing to happen

PERSONAL DEFINITION

hope: _____

DRAW IT OUT

MAINSTREAM DEFINITION

fear: an unpleasant emotion caused by the belief that someone or something is dangerous, likely to cause pain, or a threat

PERSONAL DEFINITION

fear: _____

DRAW IT OUT

EMOTIONAL WORKOUTS

1. Close your eyes. What do you see in your mind when you think of the following words: A) Hope B) Fear

2. What does hope feel like in your body? What does fear feel like in your body?

3. Who helps you achieve your hopes?

4. Whom can you turn to when you feel afraid?

5. What is one thing you learned about yourself through your responses? Share with a classmate or family member.

PHYSICAL WORKOUTS

subjectofself.org/workoutsWorryProudFearlessThinkAccept

The Sky's the Limit

LESSON 28 | MIDDLE SCHOOL

This worksheet gives you space to express your thoughts and feelings. On the reverse side of this handout, you'll find emotional and physical workouts that will help you reflect.

WE ALL HAVE HOPES AND DREAMS .

We all have hopes and dreams — ones we know and ones we don't know right now.

Where will you be in 10 years?

MAINSTREAM DEFINITION

“the sky is the limit:” an idiom that means that there is no upper limit; commonly used to infer that there is no limit to what something or someone can achieve

PERSONAL DEFINITION

“the sky is the limit:”

DRAW IT OUT ○>

The Sky's the Limit

EMOTIONAL WORKOUTS

1. What do you see in your mind when you think of the following words/phrases: A) Dream B) The sky is the limit

2. What is one thing you hope to accomplish today?

3. What is one dream that you have for yourself in the next year?

4. What is a dream that you have for yourself in 10 years?

5. What is one thing you learned about yourself through your responses? Share with a classmate or family member.

PHYSICAL WORKOUTS

subjectofself.org/workouts

Success

Confidence

Work

Grit

Release

My Dictionary (equity + inequity)

LESSON 29 | MIDDLE SCHOOL

This worksheet gives you space to express your thoughts and feelings. On the reverse side of this handout, you'll find emotional and physical workouts that will help you reflect.

MAINSTREAM DEFINITION

equity: fair and reasonable

PERSONAL DEFINITION

equity: _____

DRAW IT OUT

MAINSTREAM DEFINITION

inequity: lack of fairness or justice

PERSONAL DEFINITION

inequity: _____

DRAW IT OUT

EMOTIONAL WORKOUTS

1. Close your eyes. What do you see in your mind when you think of the following words: A) Equity B) Inequity

2. Are certain groups in our country treated more fairly than others?

3. Where have you seen an example of equity? Where have you seen an example of inequity?

4. How might inequity make a person – or group of people – feel?

5. What is one thing you learned about yourself through your responses? Share with a classmate or family member.

PHYSICAL WORKOUTS

subjectofself.org/workoutsAwareAngryFrustratedWorkPresence

The Value of Internet

LESSON 30 | MIDDLE SCHOOL

This worksheet gives you space to express your thoughts and feelings. On the reverse side of this handout, you'll find emotional and physical workouts that will help you reflect.

I'M MORE THAN A DEFINITION.
I DO THINGS BEYOND YOUR VISION.

I can help you connect

I can make you feel alone

I wonder if you respect

My true effect is unknown

I am internet

DRAW IT OUT 

The Value of Internet

EMOTIONAL WORKOUTS

1. Close your eyes. What do you see in your mind when you think of the following words: A) Connect B) Alone C) Respect

2. How much time do you typically spend on the internet? Do you think it's too much time, not enough time, or just the right amount of time?

3. How can the internet magnify a person's voice?

4. How do you value the internet?

5. What is one thing you learned about yourself through your responses? Share with a classmate or family member.

PHYSICAL WORKOUTS

subjectofself.org/workouts

Connect

Think

Power

Discover

Presence

My Network

LESSON 31 | MIDDLE SCHOOL

This worksheet gives you space to express your thoughts and feelings. On the reverse side of this handout, you'll find emotional and physical workouts that will help you reflect.

WE ALL HAVE THOUGHTS.

Like seeds, our thoughts grow depending on their environment.

One environment for our thoughts is the network we use. We all use networks differently.

The choices you make about where to plant, upload, and share your thoughts affect and impact this viral world.

How do you manage your network?

MAINSTREAM DEFINITION

network: a group or system of interconnected people or things; a system of computers that are joined together so that they can communicate by exchanging information and sharing resources; network connection occurs through a wired and/or wireless network

PERSONAL DEFINITION

network: _____

DRAW IT OUT ○>

My Network

EMOTIONAL WORKOUTS

1. What do you see in your mind when you think of the following words:
A) Share B) Network

2. What is the difference between sharing a thought online and sharing a thought face to face?

3. What types of thoughts are people more likely to share online? Why?

4. What types of thoughts are people more likely to share in person? Why do you think that is?

5. What is one thing you learned about yourself through your responses? Share with a classmate or family member.

PHYSICAL WORKOUTS

subjectofself.org/workouts

Build

Imagine

Release

Worry

Freedom

My Dictionary (present + future)

LESSON 32 | MIDDLE SCHOOL

This worksheet gives you space to express your thoughts and feelings. On the reverse side of this handout, you'll find emotional and physical workouts that will help you reflect.

MAINSTREAM DEFINITION

present: existing or occurring now

PERSONAL DEFINITION

present: _____

DRAW IT OUT

MAINSTREAM DEFINITION

future: the time or a period of time following the moment of speaking or writing; time regarded as still to come

PERSONAL DEFINITION

future: _____

DRAW IT OUT

EMOTIONAL WORKOUTS

1. Close your eyes. What do you see in your mind when you think of the following words: A) Present B) Future

2. What is one accomplishment that you currently feel proud of? What is something that you would like to accomplish in the future?

3. What is a strength you currently possess that you would like to hang on to as you enter into the future?

4. What is a message that you would like to send to your future self?

5. What is one thing you learned about yourself through your responses? Share with a classmate or family member.

PHYSICAL WORKOUTS

subjectofself.org/workoutsAliveFocusProudThinkPresence

The Value of Humanity

LESSON 33 | MIDDLE SCHOOL

This worksheet gives you space to express your thoughts and feelings. On the reverse side of this handout, you'll find emotional and physical workouts that will help you reflect.

I'M MORE THAN A DEFINITION.
I DO THINGS BEYOND YOUR VISION.

Me versus we

A constant debate

We don't agree

On what makes life great

I am human

DRAW IT OUT 

The Value of Humanity

EMOTIONAL WORKOUTS

1. Close your eyes. What do you see in your mind when you think of the following words: A) Debate B) Agree

2. When have you resolved an argument in your life? How was it resolved and how did you feel afterward?

3. How do you connect with people in your life? How do you connect to humanity?

4. How do you value humanity?

5. What is one thing you learned about yourself through your responses? Share with a classmate or family member.

PHYSICAL WORKOUTS

subjectofself.org/workouts

Solution

Empathy

Aware

Respect

Peace

My Bright Idea

LESSON 34 | MIDDLE SCHOOL

This worksheet gives you space to express your thoughts and feelings. On the reverse side of this handout, you'll find emotional and physical workouts that will help you reflect.

WE ALL HAVE IDEAS.

Some ideas need work, support, or even luck to become a reality.

However small or big, it's important to communicate ideas.

What is your bright idea?

MAINSTREAM DEFINITION

“light bulb moment:” that represents a moment of sudden inspiration, revelation, or recognition

PERSONAL DEFINITION

“light bulb moment:” _____

DRAW IT OUT ○>

My Bright Idea

EMOTIONAL WORKOUTS

1. What do you see in your mind when you think of the following phrases:
A) Bright idea B) Light bulb moment

2. What problem would you like to solve with a new idea?

3. How might people react to your light bulb moment?

4. How could your idea change the lives of other people in the world?

5. What is one thing you learned about yourself through your responses?
Share with a classmate or family member.

PHYSICAL WORKOUTS

subjectofself.org/workouts

Energy

Imagine

Power

Grit

Release