



The Subject of Self

GOAL OF LESSON

Students will assess their current relationship with reflection.

LESSON TOPICS

- Responsible Decision-Making
- Self-Awareness
- Self-Reflection

LESSON CONCEPT

- Reflection is a critical component of studying Subject of Self.
- Reflection is commonly defined as: serious thought or consideration.
- This lesson will familiarize students with how each Subject of Self lesson will guide them to reflect on a given topic.

Teaching Tip: Before introducing the lesson to your students, personalize this concept for yourself by completing the emotional workouts on your own.

HOW TO TEACH THIS LESSON

Introduce the lesson.

Explain what reflection is and share why you think reflection and studying the Subject of Self is important.

Work it out.

Use the physical and emotional workouts on the next page to guide students in reflection. We suggest you go line by line—first complete a physical workout, then an emotional workout.

Connect with others.

After completing the lesson, ask students to identify one thing they've learned about themselves during this lesson. Have them share with a classmate or family member.

The Subject of Self

	PHYSICAL WORKOUTS	EMOTIONAL WORKOUTS
1	<p>Connect strength</p> <p>YouTube Vimeo</p>	<p>Close your eyes. What do you see in your mind when you think of the word reflection?</p>
2	<p>Presence breathing exercise</p> <p>YouTube Vimeo</p>	<p>What are some emotions that you associate with reflection?</p>
3	<p>Respect strength</p> <p>YouTube Vimeo</p>	<p>Do you spend time reflecting on what's going on around you? Your actions/the actions of others? Your goals/dreams for your future?</p>
4	<p>Aware strength</p> <p>YouTube Vimeo</p>	<p>In this program, you will complete physical and emotional workouts to help you reflect. Why do you think it is important to reflect physically? Why do you think it is important to reflect emotionally?</p>
5	<p>Peace breathing exercise</p> <p>YouTube Vimeo</p>	<p>What role does reflection currently play in your life? Write or illustrate your answer.</p>

More physical workouts can be accessed at subjectofself.org/workouts.



Me and My Country

GOAL OF LESSON

Students will reflect on their self-identity and their view of the United States.

LESSON TOPICS

- Current Events
- Identity
- Self-Awareness

LESSON CONCEPT

- Reflection helps individuals develop an understanding of themselves and their surroundings.
- Reflection can help individuals recognize growth or lack of growth.

Teaching Tip: Before introducing the lesson to your students, personalize this concept for yourself by completing the emotional workouts on your own.

HOW TO TEACH THIS LESSON

Introduce the lesson.

Briefly explain the lesson concept. Share any personal examples you have of insights you gained from taking time to reflect.

Work it out.

Use the physical and emotional workouts on the next page to guide students in reflection. We suggest you go line by line—first complete a physical workout, then an emotional workout.

Connect with others.

After completing the lesson, ask students to identify one thing they've learned about themselves during this lesson. Have them share with a classmate or family member.

Me and My Country

	PHYSICAL WORKOUTS	EMOTIONAL WORKOUTS
1	<p>Imagine cardio</p> <p>YouTube Vimeo</p>	<p>Close your eyes. What do you see in your mind when you think of the following words/phrases: A) Self B) United States</p>
2	<p>Power cardio</p> <p>YouTube Vimeo</p>	<p>What are some emotions that you associate with yourself? What are some emotions that you associate with the United States?</p>
3	<p>Freedom stretch</p> <p>YouTube Vimeo</p>	<p>Has your view of yourself changed throughout time?</p>
4	<p>Build strength</p> <p>YouTube Vimeo</p>	<p>Has your view of the United States changed throughout time?</p>
5	<p>Presence breathing exercise</p> <p>YouTube Vimeo</p>	<p>Draw it out! Draw a self-portrait. Draw a portrait of the United States.</p>

More physical workouts can be accessed at subjectofself.org/workouts.



My Dictionary: Empathy

GOAL OF LESSON

Students will reflect on empathy.

LESSON TOPICS

- Perspective
- Self-Awareness
- Social Awareness

LESSON CONCEPT

- Each person's unique experiences inform their interpretation of words.
- One person's understanding of empathy may be different than another person's. This lesson will help students understand and share their unique perspective on empathy.

Teaching Tip: Before introducing the lesson to your students, personalize this concept for yourself by completing the emotional workouts on your own.

HOW TO TEACH THIS LESSON

Introduce the lesson.

Briefly explain the lesson concept. You may choose to share a personal experience that has shaped your understanding of empathy.

Work it out.

Use the physical and emotional workouts on the next page to guide students in reflecting on empathy. We suggest you go line by line—first complete a physical workout, then an emotional workout.

Connect with others.

After completing the lesson, ask students to identify one thing they've learned about themselves during this lesson. Have them share with a classmate or family member.

My Dictionary: Empathy

	PHYSICAL WORKOUTS	EMOTIONAL WORKOUTS
1	<p>Think stretch</p> <p>YouTube Vimeo</p>	<p>Close your eyes. What do you see in your mind when you think of the word <i>empathy</i>?</p>
2	<p>Solution stretch</p> <p>YouTube Vimeo</p>	<p>Look up the word <i>empathy</i> in the dictionary and write down the definition. Does the definition you wrote align with how you think of the word <i>empathy</i>?</p>
3	<p>Empathy cardio</p> <p>YouTube Vimeo</p>	<p>When was a time you felt like you really understood how someone else was feeling? What clues did you notice that helped you understand their feelings (body language, etc.)?</p>
4	<p>Respect strength</p> <p>YouTube Vimeo</p>	<p>What are some ways you can show another person that you understand how they are feeling?</p>
5	<p>Discover stretch</p> <p>YouTube Vimeo</p>	<p>What does empathy mean to you? Write and illustrate your personal definition of the word <i>empathy</i>.</p>

More physical workouts can be accessed at subjectofself.org/workouts.



My Dictionary: Healthy

GOAL OF LESSON

Students will reflect on what being healthy means to them.

LESSON TOPICS

- COVID-19
- Emotional Health
- Physical Health
- Self-Awareness

LESSON CONCEPT

- Each person's unique experiences inform their interpretation of words.
- One person's understanding of healthy behavior may be different than another person's.
- This lesson will help students understand and share their unique perspective on being healthy.

Teaching Tip: Before introducing the lesson to your students, personalize this concept for yourself by completing the emotional workouts on your own.

HOW TO TEACH THIS LESSON

Introduce the lesson.

Briefly explain the lesson concept. You may choose to share a personal example that shaped the way you think of the word *healthy*.

Work it out.

Use the physical and emotional workouts on the next page to guide students in reflecting on the word *healthy*. We suggest you go line by line—first complete a physical workout, then an emotional workout.

Connect with others.

After completing the lesson, ask students to identify one thing they've learned about themselves during this lesson. Have them share with a classmate or family member.

My Dictionary: Healthy

	PHYSICAL WORKOUTS	EMOTIONAL WORKOUTS
1	<p>Alive cardio</p> <p>YouTube Vimeo</p>	<p>Close your eyes. What do you see in your mind when you think of the word <i>healthy</i>?</p>
2	<p>Energy cardio</p> <p>YouTube Vimeo</p>	<p>Look up the word <i>healthy</i> in the dictionary and write down the definition. Does the definition you wrote align with how you think of healthy?</p>
3	<p>Strength strength</p> <p>YouTube Vimeo</p>	<p>How do you take care of your body to keep it healthy?</p>
4	<p>Connect strength</p> <p>YouTube Vimeo</p>	<p>How do you take care of your mind to keep it healthy?</p>
5	<p>Presence breathing exercise</p> <p>YouTube Vimeo</p>	<p>What does healthy mean to you? Write and illustrate your personal definition of the word <i>healthy</i>.</p>

More physical workouts can be accessed at subjectofself.org/workouts.



The Value of Money

GOAL OF LESSON

Students will reflect on how they value money.

LESSON TOPICS

- Responsible Decision-Making
- Self-Awareness
- Social Awareness
- Values Clarification

LESSON CONCEPT

- Each person's unique experiences inform how they value money.
- This lesson will help students connect their personal experiences with money to how they value money.
- When students are aware of how they value money, they are better prepared to make informed and intentional decisions that align with their values.

Teaching Tip: Before introducing the lesson to your students, personalize this concept for yourself by completing the emotional workouts on your own.

HOW TO TEACH THIS LESSON

Introduce the lesson.

Briefly explain the lesson concept. You may choose to share a personal example of an experience that has shaped the way you value money..

Work it out.

Use the physical and emotional workouts on the next page to guide students in reflecting on how they value money. We suggest you go line by line—first complete a physical workout, then an emotional workout.

Connect with others.

After completing the lesson, ask students to identify one thing they've learned about themselves during this lesson. Have them share with a classmate or family member.

The Value of Money

	PHYSICAL WORKOUTS	EMOTIONAL WORKOUTS
1	<p>Ambitious strength</p> <p>YouTube Vimeo</p>	<p>Close your eyes. What do you see in your mind when you think of the word <i>money</i>?</p>
2	<p>Success strength</p> <p>YouTube Vimeo</p>	<p>What emotions do you associate with money?</p>
3	<p>Frustrated cardio</p> <p>YouTube Vimeo</p>	<p>What would you like to spend money on? What would you never want to spend money on?</p>
4	<p>Build strength</p> <p>YouTube Vimeo</p>	<p>Do you think money is an important part of your life? Why or why not?</p>
5	<p>Release stretch</p> <p>YouTube Vimeo</p>	<p>Draw it out! Draw a picture of what money means to you.</p>

More physical workouts can be accessed at subjectofself.org/workouts



My Dictionary: School

GOAL OF LESSON

Students will reflect on what school means to them.

LESSON TOPICS

- Distance Learning
- Self-Awareness
- Social Awareness

LESSON CONCEPT

- Each person's unique experiences inform their interpretation of words.
- One person's understanding of school may be different than another person's.
- This lesson will help students understand and share their unique perspective on school.

Teaching Tip: Before introducing the lesson to your students, personalize this concept for yourself by completing the emotional workouts on your own.

HOW TO TEACH THIS LESSON

Introduce the lesson.

Briefly explain the lesson concept. You may choose to share a personal experience that shaped your perspective on school.

Work it out.

Use the physical and emotional workouts on the next page to guide students in reflecting on school. We suggest you go line by line—first complete a physical workout, then an emotional workout.

Connect with others.

After completing the lesson, ask students to identify one thing they've learned about themselves during this lesson. Have them share with a classmate or family member.

My Dictionary: School

	PHYSICAL WORKOUTS	EMOTIONAL WORKOUTS
1	<p>Safe strength</p> <p>YouTube Vimeo</p>	<p>Close your eyes. What do you see in your mind when you think of the word <i>school</i>?</p>
2	<p>Aware strength</p> <p>YouTube Vimeo</p>	<p>Look up <i>school</i> in the dictionary and write down the definition. Does the definition you wrote align with how you think of school?</p>
3	<p>Love stretch</p> <p>YouTube Vimeo</p>	<p>What are some things that you like about your current learning environment? What are some things you dislike about it?</p>
4	<p>Respect strength</p> <p>YouTube Vimeo</p>	<p>Look around your current learning environment. Identify all of the various resources around you that help you to learn (example: books, whiteboard, pencils, notebooks, chairs, teacher, etc)</p>
5	<p>Calm breathing exercise</p> <p>YouTube Vimeo</p>	<p>What does school mean to you? Write and illustrate your personal definition of the word <i>school</i>.</p>

More physical workouts can be accessed at subjectofself.org/workouts.



The Value of Expression

GOAL OF LESSON

Students will reflect on how they value expression.

LESSON TOPICS

- Communication
- Expression
- Self-Awareness
- Social Awareness
- Values Clarification

LESSON CONCEPT

- Each person's unique experiences inform how they value expression.
- This lesson will help students connect their personal experiences with expression to how they value it.
- When students are aware that they value expression, they are better prepared to make informed and intentional decisions that align with their values.

Teaching Tip: Before introducing the lesson to your students, personalize this concept for yourself by completing the emotional workouts on your own.

HOW TO TEACH THIS LESSON

Introduce the lesson.

Briefly explain the lesson concept. You may choose to share a personal experience that has shaped how you value expression.

Work it out.

Use the physical and emotional workouts on the next page to guide students in reflecting on expression. We suggest you go line by line—first complete a physical workout, then an emotional workout.

Connect with others.

After completing the lesson, ask students to identify one thing they've learned about themselves during this lesson. Have them share with a classmate or family member.

The Value of Expression

	PHYSICAL WORKOUTS	EMOTIONAL WORKOUTS
1	<p>Perseverance strength</p> <p>YouTube Vimeo</p>	<p>Close your eyes. What do you see in your mind when you think of the word <i>expression</i>?</p>
2	<p>Focus stretch</p> <p>YouTube Vimeo</p>	<p>What emotions do you associate with expressing yourself?</p>
3	<p>Worry strength</p> <p>YouTube Vimeo</p>	<p>Have you had something in your head for a while that you haven't written down? Maybe it's an image, a dream, an idea, or a thought – use this opportunity to put whatever is in your brain down on paper.</p>
4	<p>Solution stretch</p> <p>YouTube Vimeo</p>	<p>What do you think it would feel like if you weren't able to express yourself?</p>
5	<p>Patience stretch</p> <p>YouTube Vimeo</p>	<p>Draw it out! Draw a picture of what expression means to you.</p>

More physical workouts can be accessed at subjectofself.org/workouts



My Dictionary: Family

GOAL OF LESSON

Students will reflect on what family means to them.

LESSON TOPICS

- Family
- Internet
- Self-Awareness
- Social Awareness

LESSON CONCEPT

- Each person's unique experiences inform their interpretation of words.
- One person's understanding of family may be different than another person's.
- This lesson will help students understand and share their unique perspective on family.

Teaching Tip: Before introducing the lesson to your students, personalize this concept for yourself by completing the emotional workouts on your own.

HOW TO TEACH THIS LESSON

Introduce the lesson.

Briefly explain the lesson concept. You may choose to share a personal experience that shaped the way you think about family.

Work it out.

Use the physical and emotional workouts on the next page to guide students in reflecting on family. We suggest you go line by line—first complete a physical workout, then an emotional workout.

Connect with others.

After completing the lesson, ask students to identify one thing they've learned about themselves during this lesson. Have them share with a classmate or family member.

My Dictionary: Family

	PHYSICAL WORKOUTS	EMOTIONAL WORKOUTS
1	<p>Dedication strength</p> <p>YouTube Vimeo</p>	<p>Close your eyes. What do you see in your mind when you think of the word <i>family</i>?</p>
2	<p>Love stretch</p> <p>YouTube Vimeo</p>	<p>Look up the word <i>family</i> in the dictionary and write down the definition. Does the definition you wrote align with how you think of family?</p>
3	<p>Aware strength</p> <p>YouTube Vimeo</p>	<p>Do you act differently when you are with your friends than you do when you are with your family?</p>
4	<p>Grit strength</p> <p>YouTube Vimeo</p>	<p>Do you play a specific role in your family (e.g. the oldest, comedian, leader)?</p>
5	<p>Peace breathing exercise</p> <p>YouTube Vimeo</p>	<p>What does family mean to you? Write and illustrate your personal definition of the word <i>family</i>.</p>

More physical workouts can be accessed at subjectofself.org/workouts.



My Dictionary: Community

GOAL OF LESSON

Students will reflect on what community means to them.

LESSON TOPICS

- Family
- Internet
- Self-Awareness
- Social Awareness

LESSON CONCEPT

- Each person's unique experiences inform their interpretation of words.
- One person's understanding of community may be different from another person's.
- This lesson will help students understand and share their unique perspective on community.

Teaching Tip: Before introducing the lesson to your students, personalize this concept for yourself by completing the emotional workouts on your own.

HOW TO TEACH THIS LESSON

Introduce the lesson.

Briefly explain the lesson concept. You may choose to share a personal experience that shaped the way you think about community.

Work it out.

Use the physical and emotional workouts on the next page to guide students in reflecting on community. We suggest you go line by line—first complete a physical workout, then an emotional workout.

Connect with others.

After completing the lesson, ask students to identify one thing they've learned about themselves during this lesson. Have them share with a classmate or family member.

My Dictionary: Community

	PHYSICAL WORKOUTS	EMOTIONAL WORKOUTS
1	<p>Strength strength</p> <p>YouTube Vimeo</p>	<p>Close your eyes. What do you see in your mind when you think of the word <i>community</i>?</p>
2	<p>Commit strength</p> <p>YouTube Vimeo</p>	<p>Look up the word <i>community</i> in the dictionary and write down the definition. Does the definition you wrote align with how you think of community?</p>
3	<p>Respect strength</p> <p>YouTube Vimeo</p>	<p>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?</p>
4	<p>Build strength</p> <p>YouTube Vimeo</p>	<p>What are some communities that you belong to?</p>
5	<p>Grateful breathing exercise</p> <p>YouTube Vimeo</p>	<p>What does community mean to you? Write and illustrate your personal definition of the word <i>community</i>.</p>

More physical workouts can be accessed at subjectofself.org/workouts.



The Value of Time

GOAL OF LESSON

Students will reflect on how they value time.

LESSON TOPICS

- Self-Awareness
- Self-Management
- Time Management
- Values Clarification

LESSON CONCEPT

- Each person's unique experiences inform how they value time.
- This lesson will help students connect their personal experiences to how they value time.
- When students are aware of how they value time, they are better prepared to make informed and intentional decisions that align with their values.

Teaching Tip: Before introducing the lesson to your students, personalize this concept for yourself by completing the emotional workouts on your own.

HOW TO TEACH THIS LESSON

Introduce the lesson.

Briefly explain the lesson. You may choose to share a personal experience that shaped how you value time.

Work it out.

Use the physical and emotional workouts on the next page to guide students in reflecting on time. We suggest you go line by line—first complete a physical workout, then an emotional workout.

Connect with others.

After completing the lesson, ask students to identify one thing they've learned about themselves during this lesson. Have them share with a classmate or family member.

The Value of Time

	PHYSICAL WORKOUTS	EMOTIONAL WORKOUTS
1	<p>Resilience strength</p> <p>YouTube Vimeo</p>	<p>Close your eyes. What do you see in your mind when you think of the word <i>time</i>?</p>
2	<p>Worry strength</p> <p>YouTube Vimeo</p>	<p>What emotions do you associate with time?</p>
3	<p>Grit strength</p> <p>YouTube Vimeo</p>	<p>Think of how you spend your day. What would you like to spend more time doing?</p>
4	<p>Aware strength</p> <p>YouTube Vimeo</p>	<p>Think of how you spend your day. What would you like to spend less time doing?</p>
5	<p>Freedom stretch</p> <p>YouTube Vimeo</p>	<p>Draw it out! Draw a picture of what <i>time</i> means to you.</p>

More physical workouts can be accessed at subjectofself.org/workouts



My Dictionary: Thankful

GOAL OF LESSON

Students will reflect on what being thankful means to them.

LESSON TOPICS

- Gratitude
- Relationship Skills
- Self-Awareness
- Social Awareness

LESSON CONCEPT

- Each person's unique experiences inform their interpretation of words.
- One person's understanding of the word thankful may be different from another person's.
- This lesson will help students understand and share their unique perspective on the word *thankful*.

Teaching Tip: Before introducing the lesson to your students, personalize this concept for yourself by completing the emotional workouts on your own.

HOW TO TEACH THIS LESSON

Introduce the lesson.

Briefly explain the lesson concept. You may choose to share a personal experience that helped shape your view of the word *thankful*.

Work it out.

Use the physical and emotional workouts on the next page to guide students in reflecting on the word *thankful*. We suggest you go line by line—first complete a physical workout, then an emotional workout.

Connect with others.

After completing the lesson, ask students to identify one thing they've learned about themselves during this lesson. Have them share with a classmate or family member.

My Dictionary: Thankful

	PHYSICAL WORKOUTS	EMOTIONAL WORKOUTS
1	<p>Grateful breathing exercise</p> <p>YouTube Vimeo</p>	<p>Close your eyes. What do you see in your mind when you think of the word <i>thankful</i>?</p>
2	<p>Accept stretch</p> <p>YouTube Vimeo</p>	<p>Look up the word <i>thankful</i> in the dictionary and write down the definition. Does the definition you wrote align with what you think of the word <i>thankful</i>?</p>
3	<p>Respect strength</p> <p>YouTube Vimeo</p>	<p>Who was the last person that thanked you for something? How did it feel?</p>
4	<p>Empathy cardio</p> <p>YouTube Vimeo</p>	<p>Write and send a "thank you" card to an adult in your community that you feel thankful for (a first responder, essential worker, firefighter, nurse, mayor, activist, cop, etc.).</p>
5	<p>Peace breathing exercise</p> <p>YouTube Vimeo</p>	<p>What does <i>thankful</i> mean to you? Write and illustrate your personal definition of the word <i>thankful</i>.</p>

More physical workouts can be accessed at subjectofself.org/workouts.



In My Shoes

GOAL OF LESSON

Students will reflect on a time they felt understood by someone else.

LESSON TOPICS

- Empathy
- Perspective
- Relationship Skills
- Social Awareness

LESSON CONCEPT

- Reflecting on specific personal experiences can help students better understand their feelings.

Teaching Tip: Before introducing the lesson to your students, personalize this concept for yourself by completing the emotional workouts on your own.

HOW TO TEACH THIS LESSON

Introduce the lesson.

Briefly explain the lesson concept. You may choose to share a personal experience that has shaped the way you understand your feelings.

Work it out.

Use the physical and emotional workouts on the next page to guide students in reflecting on their feelings. We suggest you go line by line—first complete a physical workout, then an emotional workout.

Connect with others.

After completing the lesson, ask students to identify one thing they've learned about themselves during this lesson. Have them share with a classmate or family member.

In My Shoes

	PHYSICAL WORKOUTS	EMOTIONAL WORKOUTS
1	<p>Empathy cardio</p> <p>YouTube Vimeo</p>	<p>Close your eyes. What do you see in your mind when you think of the phrase “walk a mile in my shoes?” What do you think it means?</p>
2	<p>Resilience strength</p> <p>YouTube Vimeo</p>	<p>Look up the phrase “walk a mile in my shoes” and write down the meaning.</p>
3	<p>Aware strength</p> <p>YouTube Vimeo</p>	<p>Think about 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 to be understood?</p>
4	<p>Connect strength</p> <p>YouTube Vimeo</p>	<p>Who would you like to take a walk in your shoes? What would you like people to learn about you?</p>
5	<p>Calm breathing exercise</p> <p>YouTube Vimeo</p>	<p>Draw it out! Illustrate what someone would experience if they “walked a mile in your shoes” today.</p>

More physical workouts can be accessed at subjectofself.org/workouts



My Dictionary: Isolation

GOAL OF LESSON

Students will reflect on what isolation means to them.

LESSON TOPICS

- Distance Learning
- Relationship Skills
- Self-Awareness
- Social Awareness
- Social Distancing

LESSON CONCEPT

- Each person's unique experiences inform their interpretation of words.
- One person's understanding of isolation may be different from another person's.
- This lesson will help students understand and share their unique perspective on isolation.

Teaching Tip: Before introducing the lesson to your students, personalize this concept for yourself by completing the emotional workouts on your own.

HOW TO TEACH THIS LESSON

Introduce the lesson.

Briefly explain the lesson concept. You may choose to share a personal experience that helped shape your view of isolation.

Work it out.

Use the physical and emotional workouts on the next page to guide students in reflecting on isolation. We suggest you go line by line—first complete a physical workout, then an emotional workout.

Connect with others.

After completing the lesson, ask students to identify one thing they've learned about themselves during this lesson. Have them share with a classmate or family member.

My Dictionary: Isolation

	PHYSICAL WORKOUTS	EMOTIONAL WORKOUTS
1	<p>Safe strength</p> <p>YouTube Vimeo</p>	<p>Close your eyes. What do you see in your mind when you think of the word <i>isolation</i>?</p>
2	<p>Fearless strength</p> <p>YouTube Vimeo</p>	<p>Look up the word <i>isolation</i> in the dictionary and write down the definition. Does the definition you wrote align with how you think of isolation?</p>
3	<p>Frustrated cardio</p> <p>YouTube Vimeo</p>	<p>Do you prefer to be by yourself or to be surrounded by a group of people?</p>
4	<p>Resilience strength</p> <p>YouTube Vimeo</p>	<p>How do you stay connected to people when you cannot physically be with them?</p>
5	<p>Solution stretch</p> <p>YouTube Vimeo</p>	<p>What does isolation mean to you? Write and illustrate your personal definition of the word <i>isolation</i>.</p>

More physical workouts can be accessed at subjectofself.org/workouts.



My Dictionary: News

GOAL OF LESSON

Students will reflect on what news means to them.

LESSON TOPICS

- Distance Learning
- Relationship Skills
- Self-Awareness
- Social Awareness
- Social Distancing

LESSON CONCEPT

- Each person's unique experiences inform their interpretation of words.
- One person's understanding of the news may be different from another person's.
- This lesson will help students understand and share their unique perspective on news.

Teaching Tip: Before introducing the lesson to your students, personalize this concept for yourself by completing the emotional workouts on your own.

HOW TO TEACH THIS LESSON

Introduce the lesson.

Briefly explain the lesson concept. You may choose to share a personal experience that helped shape your view of isolation.

Work it out.

Use the physical and emotional workouts on the next page to guide students in reflecting on isolation. We suggest you go line by line—first complete a physical workout, then an emotional workout.

Connect with others.

After completing the lesson, ask students to identify one thing they've learned about themselves during this lesson. Have them share with a classmate or family member.

My Dictionary: News

	PHYSICAL WORKOUTS	EMOTIONAL WORKOUTS
1	<p>Freedom stretch</p> <p>YouTube Vimeo</p>	<p>Close your eyes. What do you see in your mind when you think of the word <i>news</i>?</p>
2	<p>Think stretch</p> <p>YouTube Vimeo</p>	<p>Look up the word <i>news</i> in the dictionary and write down the definition. Does the definition you wrote align with how you think of the news?</p>
3	<p>Worry strength</p> <p>YouTube Vimeo</p>	<p>Where do you receive your news? From the internet? Your family? School? The newspaper?</p>
4	<p>Discover stretch</p> <p>YouTube Vimeo</p>	<p>What is the benefit of using multiple sources to get your news? How can you determine if a news source is trustworthy?</p>
5	<p>Presence breathing exercise</p> <p>YouTube Vimeo</p>	<p>What does news mean to you? Write and illustrate your personal definition of <i>news</i>.</p>

More physical workouts can be accessed at subjectofself.org/workouts.



My Dictionary: Responsibility

GOAL OF LESSON

Students will reflect on what responsibility means to them.

LESSON TOPICS

- Integrity
- Responsible Decision-Making
- Self-Awareness

LESSON CONCEPT

- Each person's unique experiences inform their interpretation of words.
- One person's understanding of responsibility may be different from another person's.
- This lesson will help students understand and share their unique perspective on responsibility.

Teaching Tip: Before introducing the lesson to your students, personalize this concept for yourself by completing the emotional workouts on your own.

HOW TO TEACH THIS LESSON

Introduce the lesson.

Briefly explain the lesson concept. You may choose to share a personal experience that helped shape your view of responsibility.

Work it out.

Use the physical and emotional workouts on the next page to guide students in reflecting on responsibility. We suggest you go line by line—first complete a physical workout, then an emotional workout.

Connect with others.

After completing the lesson, ask students to identify one thing they've learned about themselves during this lesson. Have them share with a classmate or family member.

My Dictionary: Responsibility

	PHYSICAL WORKOUTS	EMOTIONAL WORKOUTS
1	<p>Commit strength</p> <p>YouTube Vimeo</p>	<p>Close your eyes. What do you see in your mind when you think of the word <i>responsibility</i>?</p>
2	<p>Proud stretch</p> <p>YouTube Vimeo</p>	<p>Look up the word <i>responsibility</i> in the dictionary and write down the definition. Does the definition you wrote down align with how you think of responsibility?</p>
3	<p>Confidence strength</p> <p>YouTube Vimeo</p>	<p>Who takes care of you? Who have you taken care of?</p>
4	<p>Respect strength</p> <p>YouTube Vimeo</p>	<p>Have you ever taken care of an animal, plant, or possession (bike, skateboard, clothing, etc.)? How did it make you feel?</p>
5	<p>Patience stretch</p> <p>YouTube Vimeo</p>	<p>What does responsibility mean to you? Write and illustrate your personal definition of the word <i>responsibility</i>.</p>

More physical workouts can be accessed at subjectofself.org/workouts.



The Value of Water

GOAL OF LESSON

Students will reflect on how they value water.

LESSON TOPICS

- Environment
- Self-Awareness
- Self-Management
- Values Clarification

LESSON CONCEPT

- Each person's unique experiences inform how they value water.
- This lesson will help students connect their personal experiences to how they value water.
- When students are aware they value water, they are better prepared to make informed and intentional decisions that align with their values.

Teaching Tip: Before introducing the lesson to your students, personalize this concept for yourself by completing the emotional workouts on your own.

HOW TO TEACH THIS LESSON

Introduce the lesson.

Briefly explain the lesson concept. You may choose to share a personal experience that shaped how you value water.

Work it out.

Use the physical and emotional workouts on the next page to guide students in reflecting on water. We suggest you go line by line—first complete a physical workout, then an emotional workout.

Connect with others.

After completing the lesson, ask students to identify one thing they've learned about themselves during this lesson. Have them share with a classmate or family member.

The Value of Water

	PHYSICAL WORKOUTS	EMOTIONAL WORKOUTS
1	<p>Calm breathing exercise</p> <p>YouTube Vimeo</p>	Close your eyes. What do you see in your mind when you think of the word <i>water</i> ?
2	<p>Happy strength</p> <p>YouTube Vimeo</p>	What emotions do you associate with water?
3	<p>Alive cardio</p> <p>YouTube Vimeo</p>	What are some ways in which you can use water to keep you healthy?
4	<p>Energy cardio</p> <p>YouTube Vimeo</p>	What are the different ways in which you have used water this week?
5	<p>Peace breathing exercise</p> <p>YouTube Vimeo</p>	Draw it out! Draw a picture of what water means to you.

More physical workouts can be accessed at subjectofself.org/workouts



The Value of Nature

GOAL OF LESSON

Students will reflect on how they value nature.

LESSON TOPICS

- Environment
- Self-Awareness
- Values Clarification

LESSON CONCEPT

- Each person's unique experiences inform how they value nature.
- This lesson will help students connect their personal experiences to how they value nature.
- When students are aware of how they value nature, they are better prepared to make informed and intentional decisions that align with their values.

Teaching Tip: Before introducing the lesson to your students, personalize this concept for yourself by completing the emotional workouts on your own.

HOW TO TEACH THIS LESSON

Introduce the lesson.

Briefly explain the lesson concept. You may choose to share a personal experience that shaped how you value nature.

Work it out.

Use the physical and emotional workouts on the next page to guide students in reflecting on nature. We suggest you go line by line—first complete a physical workout, then an emotional workout.

Connect with others.

After completing the lesson, ask students to identify one thing they've learned about themselves during this lesson. Have them share with a classmate or family member.

The Value of Nature

	PHYSICAL WORKOUTS	EMOTIONAL WORKOUTS
1	<p>Angry strength</p> <p>YouTube Vimeo</p>	<p>Close your eyes. What do you see in your mind when you think of the word <i>nature</i>?</p>
2	<p>Resilience strength</p> <p>YouTube Vimeo</p>	<p>What emotions do you associate with nature?</p>
3	<p>Build strength</p> <p>YouTube Vimeo</p>	<p>What parts of nature do you enjoy the most and why? What are some things you like to do outside in nature?</p>
4	<p>Grateful breathing exercise</p> <p>YouTube Vimeo</p>	<p>Imagine a world without nature. What would it look like? What would it feel like?</p>
5	<p>Focus stretch</p> <p>YouTube Vimeo</p>	<p>Draw it out! Draw a picture of what nature means to you.</p>

More physical workouts can be accessed at subjectofself.org/workouts



Mid-Year Reflection

GOAL OF LESSON

Students will reflect on the school year thus far.

LESSON TOPICS

- Goal-Setting
- Responsible Decision-Making
- Self-Awareness
- Self-Reflection

LESSON CONCEPT

- Reflection helps individuals develop an understanding and appreciation of how far they've come in pursuit of a goal.
- Reflection can help individuals recognize growth or lack of growth.

Teaching Tip: Before introducing the lesson to your students, personalize this concept for yourself by completing the emotional workouts on your own.

HOW TO TEACH THIS LESSON

Introduce the lesson.

Briefly explain the lesson concept. You may choose to share a personal story about a goal you've pursued.

Work it out.

Use the physical and emotional workouts on the next page to guide students in reflecting on the school year. We suggest you go line by line—first complete a physical workout, then an emotional workout.

Connect with others.

After completing the lesson, ask students to identify one thing they've learned about themselves during this lesson. Have them share with a classmate or family member.

Mid-Year Reflection

	PHYSICAL WORKOUTS	EMOTIONAL WORKOUTS
1	<p>Imagine cardio</p> <p>YouTube Vimeo</p>	<p>Close your eyes. What do you see in your mind when you think of the following: A) Beginning of this school year B) End of this school year</p>
2	<p>Grit strength</p> <p>YouTube Vimeo</p>	<p>What emotions do you feel when you think about how the school year started? What emotions do you feel when you think about completing this school year?</p>
3	<p>Perseverance strength</p> <p>YouTube Vimeo</p>	<p>What has been a low point of your school year so far? What has been a high point?</p>
4	<p>Work strength</p> <p>YouTube Vimeo</p>	<p>Reflect on the future. Is there anything you want to do differently in the second half of the school year than you did in the first half of the school year?</p>
5	<p>Patience stretch</p> <p>YouTube Vimeo</p>	<p>Draw it out! Draw a picture of how you envision yourself at the end of the school year.</p>

More physical workouts can be accessed at subjectofself.org/workouts.



The Value of Earth

GOAL OF LESSON

Students will reflect on how they value the Earth.

LESSON TOPICS

- Resources
- Responsible Decision-Making
- Self-Awareness
- Social Awareness
- Values Clarification

LESSON CONCEPT

- Each person's unique experiences inform how they value Earth.
- This lesson will help students connect their personal experiences to how they value Earth.
- When students are aware of how they value the Earth, they are better prepared to make informed and intentional decisions that align with their values.

Teaching Tip: Before introducing the lesson to your students, personalize this concept for yourself by completing the emotional workouts on your own.

HOW TO TEACH THIS LESSON

Introduce the lesson.

Briefly explain the lesson concept. You may choose to share a personal experience that shaped how you value the Earth.

Work it out.

Use the physical and emotional workouts on the next page to guide students in reflecting on Earth. We suggest you go line by line—first complete a physical workout, then an emotional workout.

Connect with others.

After completing the lesson, ask students to identify one thing they've learned about themselves during this lesson. Have them share with a classmate or family member.

The Value of Earth

	PHYSICAL WORKOUTS	EMOTIONAL WORKOUTS
1	<p>Respect strength</p> <p>YouTube Vimeo</p>	Close your eyes. What do you see in your mind when you think of the Earth?
2	<p>Proud stretch</p> <p>YouTube Vimeo</p>	What emotions do you associate with Earth?
3	<p>Grateful breathing exercise</p> <p>YouTube Vimeo</p>	What are some natural resources that come from the Earth? How do these natural resources impact your life?
4	<p>Work strength</p> <p>YouTube Vimeo</p>	What are some ways you take care of the Earth?
5	<p>Safe strength</p> <p>YouTube Vimeo</p>	Draw it out! Draw a picture of what the Earth looks like to you.

More physical workouts can be accessed at subjectofself.org/workouts



My Dictionary: Need

GOAL OF LESSON

Students will reflect on what need means to them.

LESSON TOPICS

- Critical Thinking
- Self-Awareness
- Self-Management

LESSON CONCEPT

- Each person's unique experiences inform their interpretation of words.
- One person's understanding of need may be different from another person's.
- This lesson will help students understand and share their unique perspective on need.

Teaching Tip: Before introducing the lesson to your students, personalize this concept for yourself by completing the emotional workouts on your own.

HOW TO TEACH THIS LESSON

Introduce the lesson.

Briefly explain the lesson concept. You may choose to share a personal experience that helped shape your view of need.

Work it out.

Use the physical and emotional workouts on the next page to guide students in reflecting on *need*. We suggest you go line by line—first complete a physical workout, then an emotional workout.

Connect with others.

After completing the lesson, ask students to identify one thing they've learned about themselves during this lesson. Have them share with a classmate or family member.

My Dictionary: Need

	PHYSICAL WORKOUTS	EMOTIONAL WORKOUTS
1	<p>Accept stretch</p> <p>YouTube Vimeo</p>	<p>Close your eyes. What do you see in your mind when you think of the word <i>need</i>?</p>
2	<p>Success strength</p> <p>YouTube Vimeo</p>	<p>Look up the word <i>need</i> in the dictionary and write down the definition. Does the definition you wrote align with how you think of <i>need</i>?</p>
3	<p>Worry strength</p> <p>YouTube Vimeo</p>	<p>What might happen when a person's needs aren't met? How might this impact society as a whole?</p>
4	<p>Happy strength</p> <p>YouTube Vimeo</p>	<p>What are some goods or services that you need for survival?</p>
5	<p>Resilience strength</p> <p>YouTube Vimeo</p>	<p>What does <i>need</i> mean to you? Write and illustrate your personal definition of the word <i>need</i>.</p>

More physical workouts can be accessed at subjectofself.org/workouts.



The Value of Food

GOAL OF LESSON

Students will reflect on how they value food.

LESSON TOPICS

- Culture
- Self-Awareness
- Self-Management
- Values Clarification

LESSON CONCEPT

- Each person's unique experiences inform how they value food.
- This lesson will help students connect their personal experiences to how they value food.
- When students are aware of how they value food, they are better prepared to make informed and intentional decisions that align with their values.

Teaching Tip: Before introducing the lesson to your students, personalize this concept for yourself by completing the emotional workouts on your own.

HOW TO TEACH THIS LESSON

Introduce the lesson topic.

Briefly explain the lesson concept. You may choose to share a personal experience that shaped how you value food.

Work it out.

Use the physical and emotional workouts on the next page to guide students in reflecting on food. We suggest you go line by line—first complete a physical workout, then an emotional workout.

Connect with others.

After completing the lesson, ask students to identify one thing they've learned about themselves during this lesson. Have them share with a classmate or family member.

The Value of Food

	PHYSICAL WORKOUTS	EMOTIONAL WORKOUTS
1	<p>Energy cardio</p> <p>YouTube Vimeo</p>	<p>Close your eyes. What do you see in your mind when you think of the word <i>food</i>?</p>
2	<p>Discover stretch</p> <p>YouTube Vimeo</p>	<p>What emotions do you associate with food?</p>
3	<p>Imagine cardio</p> <p>YouTube Vimeo</p>	<p>What is your favorite food and why is it your favorite?</p>
4	<p>Strength strength</p> <p>YouTube Vimeo</p>	<p>There are many types of foods associated with different cultural and ethnic groups and traditions. Foods and food rituals help us learn about cultures and groups. What is a recipe or food that you associate with your family, culture, or ethnic group?</p>
5	<p>Peace breathing exercise</p> <p>YouTube Vimeo</p>	<p>Draw it out! Draw a picture of what food means to you.</p>

More physical workouts can be accessed at subjectofself.org/workouts



Make Lemonade

GOAL OF LESSON

Students will reflect on a time in their life when they “turned lemons into lemonade.”

LESSON TOPICS

- Perseverance
- Resilience
- Self-Awareness

LESSON CONCEPT

- Reflecting on specific personal experiences can help students better understand their resilience.

Teaching Tip: Before introducing the lesson to your students, personalize this concept for yourself by completing the emotional workouts on your own.

HOW TO TEACH THIS LESSON

Introduce the lesson.

Briefly explain the lesson concept. You may choose to share a personal story about when you “turned lemons into lemonade.”

Work it out.

Use the physical and emotional workouts on the next page to guide students in reflecting on the lesson concept. We suggest you go line by line—first complete a physical workout, then an emotional workout.

Connect with others.

After completing the lesson, ask students to identify one thing they’ve learned about themselves during this lesson. Have them share with a classmate or family member.

Make Lemonade

	PHYSICAL WORKOUTS	EMOTIONAL WORKOUTS
1	<p>Perseverance strength</p> <p>YouTube Vimeo</p>	<p>Close your eyes. What do you see in your mind when you think of the phrase “when life gives you lemons, make lemonade.” What do you think it means?</p>
2	<p>Resilience strength</p> <p>YouTube Vimeo</p>	<p>Look up the phrase “when life gives you lemons, make lemonade” and write down the meaning.</p>
3	<p>Angry strength</p> <p>YouTube Vimeo</p>	<p>Can you think of a character from a book, television show, or movie who made the most of a challenging situation? How did they turn their “lemons” into “lemonade?” What can you learn from this character?</p>
4	<p>Strength strength</p> <p>YouTube Vimeo</p>	<p>Recall a time that you made the most of a challenging situation. What were your “lemons?” How did you turn your “lemons” into “lemonade?”</p>
5	<p>Peace breathing exercise</p> <p>YouTube Vimeo</p>	<p>Draw it out! Illustrate a time that you turned lemons into lemonade.</p>

More physical workouts can be accessed at subjectofself.org/workouts



My Dictionary: Power

GOAL OF LESSON

Students will reflect on what power means to them.

LESSON TOPICS

- Authority
- Equity
- Self-Awareness
- Social Awareness

LESSON CONCEPT

- Each person's unique experiences inform their interpretation of words.
- One person's understanding of power may be different from another person's.
- This lesson will help students understand and share their unique perspective on power.

Teaching Tip: Before introducing the lesson to your students, personalize this concept for yourself by completing the emotional workouts on your own.

HOW TO TEACH THIS LESSON

Introduce the lesson.

Briefly explain the lesson concept. You may choose to share a personal experience that shaped your view of power.

Work it out.

Use the physical and emotional workouts on the next page to guide students in reflecting on power. We suggest you go line by line—first complete a physical workout, then an emotional workout.

Connect with others.

After completing the lesson, ask students to identify one thing they've learned about themselves during this lesson. Have them share with a classmate or family member.

My Dictionary: Power

	PHYSICAL WORKOUTS	EMOTIONAL WORKOUTS
1	<p>Power cardio</p> <p>YouTube Vimeo</p>	<p>Close your eyes. What do you see in your mind when you think of the word <i>power</i>?</p>
2	<p>Frustrated cardio</p> <p>YouTube Vimeo</p>	<p>Look up the word <i>power</i> in the dictionary and write down the definition. Does the definition you wrote align with how you think of <i>power</i>?</p>
3	<p>Courage strength</p> <p>YouTube Vimeo</p>	<p>Where or how does a person get <i>power</i>? Who are some people that have <i>power</i> in your life?</p>
4	<p>Worry strength</p> <p>YouTube Vimeo</p>	<p>Where or how does a group get <i>power</i>? What are some groups that have <i>power</i> in your life?</p>
5	<p>Release stretch</p> <p>YouTube Vimeo</p>	<p>What does the word <i>power</i> mean to you? Write and illustrate your personal definition of <i>power</i>.</p>

More physical workouts can be accessed at subjectofself.org/workouts.



The Value of Fabric

GOAL OF LESSON

Students will reflect on how they value fabric.

LESSON TOPICS

- Expression
- Identity
- Self-Awareness
- Values Clarification

LESSON CONCEPT

- Each person's unique experiences inform how they value fabric.
- This lesson will help students connect their personal experiences to how they value fabric.
- When students are aware of how they value fabric, they are better prepared to make informed and intentional decisions that align with their values.

Teaching Tip: Before introducing the lesson to your students, personalize this concept for yourself by completing the emotional workouts on your own.

HOW TO TEACH THIS LESSON

Introduce the lesson.

Briefly explain the lesson concept. You may choose to share a personal experience that shaped how you value food.

Work it out.

Use the physical and emotional workouts on the next page to guide students in reflecting on food. We suggest you go line by line—first complete a physical workout, then an emotional workout.

Connect with others.

After completing the lesson, ask students to identify one thing they've learned about themselves during this lesson. Have them share with a classmate or family member.

The Value of Fabric

	PHYSICAL WORKOUTS	EMOTIONAL WORKOUTS
1	<p>Build strength</p> <p>YouTube Vimeo</p>	<p>Close your eyes. What do you see in your mind when you think of the word <i>fabric</i>?</p>
2	<p>Strength strength</p> <p>YouTube Vimeo</p>	<p>What emotions do you associate with fabric?</p>
3	<p>Love stretch</p> <p>YouTube Vimeo</p>	<p>What is your favorite item of clothing and why is it your favorite?</p>
4	<p>Fearless strength</p> <p>YouTube Vimeo</p>	<p>Is there a special fabric or article of clothing that's important to your culture, religion, or family?</p>
5	<p>Freedom stretch</p> <p>YouTube Vimeo</p>	<p>Draw it out! Draw a picture of what fabric means to you.</p>

More physical workouts can be accessed at subjectofself.org/workouts



Comfort Zone

GOAL OF LESSON

Students will reflect on their comfort zone.

LESSON TOPICS

- Confidence
- Self-Awareness
- Self-Management
- Values Clarification

LESSON CONCEPT

- Reflecting on specific personal experiences can help students better understand invisible barriers in their lives.

Teaching Tip: Before introducing the lesson to your students, personalize this concept for yourself by completing the emotional workouts on your own.

HOW TO TEACH THIS LESSON

Introduce the lesson.

Briefly explain the lesson concept. You may choose to share a personal experience about your comfort zone.

Work it out.

Use the physical and emotional workouts on the next page to guide students in reflecting on their comfort zone. We suggest you go line by line—first complete a physical workout, then an emotional workout.

Connect with others.

After completing the lesson, ask students to identify one thing they've learned about themselves during this lesson. Have them share with a classmate or family member.

Comfort Zone

	PHYSICAL WORKOUTS	EMOTIONAL WORKOUTS
1	<p>Courage strength</p> <p>YouTube Vimeo</p>	<p>Close your eyes. What do you see in your mind when you think of the phrase “comfort zone?” What do you think it means?</p>
2	<p>Grit strength</p> <p>YouTube Vimeo</p>	<p>Look up the phrase “comfort zone” and write down the meaning.</p>
3	<p>Alive cardio</p> <p>YouTube Vimeo</p>	<p>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?</p>
4	<p>Respect strength</p> <p>YouTube Vimeo</p>	<p>Describe a time that you pushed yourself out of your comfort zone and tried to learn something new. How did it feel? What did you learn from this experience?</p>
5	<p>Safe strength</p> <p>YouTube Vimeo</p>	<p>Draw it out! Illustrate a time that you left your comfort zone.</p>

More physical workouts can be accessed at subjectofself.org/workouts



The Value of Music

GOAL OF LESSON

Students will reflect on how they value music.

LESSON TOPICS

- Culture
- Expression
- Identity
- Self-Awareness
- Values Clarification

LESSON CONCEPT

- Each person's unique experiences inform how they value music.
- This lesson will help students connect their personal experiences to how they value music.
- When students are aware of how they value music, they are better prepared to make informed and intentional decisions that align with their values.

Teaching Tip: Before introducing the lesson to your students, personalize this concept for yourself by completing the emotional workouts on your own.

HOW TO TEACH THIS LESSON

Introduce the lesson.

Briefly explain the lesson concept. You may choose to share a personal experience that shaped how you value music.

Work it out.

Use the physical and emotional workouts on the next page to guide students in reflecting on music. We suggest you go line by line—first complete a physical workout, then an emotional workout.

Connect with others.

After completing the lesson, ask students to identify one thing they've learned about themselves during this lesson. Have them share with a classmate or family member.

The Value of Music

	PHYSICAL WORKOUTS	EMOTIONAL WORKOUTS
1	<p>Imagine cardio</p> <p>YouTube Vimeo</p>	<p>Close your eyes. What do you see in your mind when you think of the word <i>music</i>?</p>
2	<p>Love stretch</p> <p>YouTube Vimeo</p>	<p>What emotions do you associate with music?</p>
3	<p>Energy cardio</p> <p>YouTube Vimeo</p>	<p>How do you listen to music? On a phone, computer, or radio? Do you wear headphones? Do you listen to music while you're doing homework? Exercising?</p>
4	<p>Focus stretch</p> <p>YouTube Vimeo</p>	<p>Is there a song that has a special meaning to you? What song is it and why is it special? How would you feel if you could never hear your favorite song again?</p>
5	<p>Peace breathing exercise</p> <p>YouTube Vimeo</p>	<p>Draw it out! Draw a picture of what <i>music</i> means to you.</p>

More physical workouts can be accessed at subjectofself.org/workouts



My Dictionary: Fear

GOAL OF LESSON

Students will reflect on what fear means to them.

LESSON TOPICS

- Anxiety
- Mindfulness
- Self-Awareness
- Vulnerability

LESSON CONCEPT

- Each person's unique experiences inform their interpretation of words.
- One person's understanding of fear may be different from another person's.
- This lesson will help students understand and share their unique perspective on fear.

Teaching Tip: Before introducing the lesson to your students, personalize this concept for yourself by completing the emotional workouts on your own.

HOW TO TEACH THIS LESSON

Introduce the lesson.

Briefly explain the lesson concept. You may choose to share a personal experience that shaped how you view fear.

Work it out.

Use the physical and emotional workouts on the next page to guide students in reflecting on fear. We suggest you go line by line—first complete a physical workout, then an emotional workout.

Connect with others.

After completing the lesson, ask students to identify one thing they've learned about themselves during this lesson. Have them share with a classmate or family member.

My Dictionary: Fear

	PHYSICAL WORKOUTS	EMOTIONAL WORKOUTS
1	<p>Worry strength</p> <p>YouTube Vimeo</p>	<p>Close your eyes. What do you see in your mind when you think of the word <i>fear</i>?</p>
2	<p>Proud stretch</p> <p>YouTube Vimeo</p>	<p>Look up the word fear in the dictionary and write down the definition. Does the definition you wrote align with how you think of fear?</p>
3	<p>Fearless strength</p> <p>YouTube Vimeo</p>	<p>What is something you are afraid of? What does fear feel like in your body?</p>
4	<p>Think stretch</p> <p>YouTube Vimeo</p>	<p>Who can you turn to when you feel afraid? What qualities does this person have that makes you feel safe with them?</p>
5	<p>Accept stretch</p> <p>YouTube Vimeo</p>	<p>What does fear mean to you? Write and illustrate your personal definition of the word <i>fear</i>.</p>

More physical workouts can be accessed at subjectofself.org/workouts.



The Sky's the Limit

GOAL OF LESSON

Students will reflect on their aspirations.

LESSON TOPICS

- Goal-Setting
- Self-Awareness
- Vulnerability

LESSON CONCEPT

- Reflecting on specific goals can help students better understand the future they dream for themselves.

Teaching Tip: Before introducing the lesson to your students, personalize this concept for yourself by completing the emotional workouts on your own.

HOW TO TEACH THIS LESSON

Introduce the lesson.

Briefly explain the lesson concept. You may choose to share a personal goal for the future.

Work it out.

Use the physical and emotional workouts on the next page to guide students in reflecting on goals. We suggest you go line by line—first complete a physical workout, then an emotional workout.

Connect with others.

After completing the lesson, ask students to identify one thing they've learned about themselves during this lesson. Have them share with a classmate or family member.

The Sky's the Limit

	PHYSICAL WORKOUTS	EMOTIONAL WORKOUTS
1	<p>Success strength</p> <p>YouTube Vimeo</p>	<p>Close your eyes. What do you see in your mind when you think of the phrase “the sky’s the limit?” What do you think it means?</p>
2	<p>Confidence strength</p> <p>YouTube Vimeo</p>	<p>Look up the phrase “the sky’s the limit” and write down the meaning.</p>
3	<p>Work strength</p> <p>YouTube Vimeo</p>	<p>If nothing could stop you, what is one dream you’d like to achieve in the next year? 5 years? 10 years?</p>
4	<p>Grit strength</p> <p>YouTube Vimeo</p>	<p>If nothing could stop you, what is a dream that you have for yourself when you are an adult?</p>
5	<p>Release stretch</p> <p>YouTube Vimeo</p>	<p>Draw it out! What does your sky of dreams look like? Illustrate a few of your life dreams.</p>

More physical workouts can be accessed at subjectofself.org/workouts



My Dictionary: Equity

GOAL OF LESSON

Students will reflect on what equity means to them.

LESSON TOPICS

- Equity
- Self-Awareness
- Social Awareness

LESSON CONCEPT

- Each person's unique experiences inform their interpretation of words.
- One person's understanding of equity may be different from another person's.
- This lesson will help students understand and share their unique perspective on equity.

Teaching Tip: Before introducing the lesson to your students, personalize this concept for yourself by completing the emotional workouts on your own.

HOW TO TEACH THIS LESSON

Introduce the lesson.

Briefly explain the lesson concept. You may choose to share a personal experience that has shaped your view of equity.

Work it out.

Use the physical and emotional workouts on the next page to guide students in reflecting on equity. We suggest you go line by line—first complete a physical workout, then an emotional workout.

Connect with others.

After completing the lesson, ask students to identify one thing they've learned about themselves during this lesson. Have them share with a classmate or family member.

My Dictionary: Equity

	PHYSICAL WORKOUTS	EMOTIONAL WORKOUTS
1	<p>Aware strength</p> <p>YouTube Vimeo</p>	<p>Close your eyes. What do you see in your mind when you think of the word <i>equity</i>?</p>
2	<p>Angry strength</p> <p>YouTube Vimeo</p>	<p>Look up the word <i>equity</i> in the dictionary and write down the definition. Does the definition you wrote align with how you think of <i>equity</i>?</p>
3	<p>Frustrated cardio</p> <p>YouTube Vimeo</p>	<p>Where have you seen an example of <i>equity</i>? Where have you seen an example of <i>inequity</i>?</p>
4	<p>Work strength</p> <p>YouTube Vimeo</p>	<p>Are certain groups in our country treated more fairly than others? How might <i>inequity</i> make a person – or group of people – feel?</p>
5	<p>Presence breathing exercise</p> <p>YouTube Vimeo</p>	<p>What does <i>equity</i> mean to you? Write and illustrate your personal definition of the word <i>equity</i>.</p>

More physical workouts can be accessed at subjectofself.org/workouts.



The Value of the Internet

GOAL OF LESSON

Students will reflect on how they value the internet.

LESSON TOPICS

- Self-Awareness
- Social Awareness
- Social Media
- Values Clarification

LESSON CONCEPT

- Each person's unique experiences inform how they value the internet.
- This lesson will help students connect their personal experiences to how they value the internet.
- When students are aware of how they value the internet, they are better prepared to make informed and intentional decisions that align with their values.

Teaching Tip: Before introducing the lesson to your students, personalize this concept for yourself by completing the emotional workouts on your own.

HOW TO TEACH THIS LESSON

Introduce the lesson.

Briefly explain the lesson concept. You may choose to share a personal experience that has shaped how you value the internet.

Work it out.

Use the physical and emotional workouts on the next page to guide students in reflecting on the internet. We suggest you go line by line—first complete a physical workout, then an emotional workout.

Connect with others.

After completing the lesson, ask students to identify one thing they've learned about themselves during this lesson. Have them share with a classmate or family member.

The Value of the Internet

	PHYSICAL WORKOUTS	EMOTIONAL WORKOUTS
1	<p>Connect strength</p> <p>YouTube Vimeo</p>	<p>Close your eyes. What do you see in your mind when you think of the word <i>internet</i>?</p>
2	<p>Think stretch</p> <p>YouTube Vimeo</p>	<p>What emotions do you associate with the internet?</p>
3	<p>Power cardio</p> <p>YouTube Vimeo</p>	<p>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?</p>
4	<p>Discover stretch</p> <p>YouTube Vimeo</p>	<p>Imagine you lived in the early 1990s when there was no internet. How would your daily life be different? What would be better? What would be worse? What wouldn't change at all?</p>
5	<p>Presence breathing exercise</p> <p>YouTube Vimeo</p>	<p>Draw it out! Draw a picture of what the internet means to you.</p>

More physical workouts can be accessed at subjectofself.org/workouts



My Dictionary: Social Media

GOAL OF LESSON

Students will reflect on what social media means to them.

LESSON TOPICS

- Responsible Decision-Making
- Self-Awareness
- Social Awareness
- Social Media

LESSON CONCEPT

- Each person's unique experiences inform their interpretation of terms.
- One person's understanding of social media may be different from another person's.
- This lesson will help students understand and share their unique perspective on social media.

Teaching Tip: Before introducing the lesson to your students, personalize this concept for yourself by completing the emotional workouts on your own.

HOW TO TEACH THIS LESSON

Introduce the lesson.

Briefly explain the lesson concept. You may choose to share a personal experience that has shaped your view of social media.

Work it out.

Use the physical and emotional workouts on the next page to guide students in reflecting on social media. We suggest you go line by line—first complete a physical workout, then an emotional workout.

Connect with others.

After completing the lesson, ask students to identify one thing they've learned about themselves during this lesson. Have them share with a classmate or family member.

My Dictionary: Social Media

	PHYSICAL WORKOUTS	EMOTIONAL WORKOUTS
1	<p>Build strength</p> <p>YouTube Vimeo</p>	<p>Close your eyes. What do you see in your mind when you think of the term <i>social media</i>?</p>
2	<p>Imagine cardio</p> <p>YouTube Vimeo</p>	<p>Look up <i>social media</i> in the dictionary and write down the definition. Does the definition you wrote align with how you think of social media?</p>
3	<p>Release stretch</p> <p>YouTube Vimeo</p>	<p>What are some benefits and risks associated with social media?</p>
4	<p>Worry strength</p> <p>YouTube Vimeo</p>	<p>What does responsible behavior look like when it comes to sharing information on social media?</p>
5	<p>Freedom stretch</p> <p>YouTube Vimeo</p>	<p>What does social media mean to you? Write and illustrate your personal definition of social media.</p>

More physical workouts can be accessed at subjectofself.org/workouts.



Lightbulb Moment

GOAL OF LESSON

Students will reflect on how it feels to be inspired.

LESSON TOPICS

- Goal-Setting
- Mindfulness
- Self-Awareness

LESSON CONCEPT

- Reflecting on specific personal experiences can help students appreciate moments of inspiration.

Teaching Tip: Before introducing the lesson to your students, personalize this concept for yourself by completing the emotional workouts on your own.

HOW TO TEACH THIS LESSON

Introduce the lesson.

Briefly explain the lesson concept. You may choose to share a personal story about when you had a lightbulb moment..

Work it out.

Use the physical and emotional workouts on the next page to guide students in reflecting on inspiration. We suggest you go line by line—first complete a physical workout, then an emotional workout.

Connect with others.

After completing the lesson, ask students to identify one thing they've learned about themselves during this lesson. Have them share with a classmate or family member.

Lightbulb Moment

	PHYSICAL WORKOUTS	EMOTIONAL WORKOUTS
1	<p>Success strength</p> <p>YouTube Vimeo</p>	<p>Close your eyes. What do you see in your mind when you think of the phrase “lightbulb moment?” What do you think it means?</p>
2	<p>Confidence strength</p> <p>YouTube Vimeo</p>	<p>Look up the phrase “lightbulb moment” and write down its meaning.</p>
3	<p>Work strength</p> <p>YouTube Vimeo</p>	<p>Have you ever been stuck on a problem that you couldn’t figure out? How did it feel? How did you get unstuck?</p>
4	<p>Grit strength</p> <p>YouTube Vimeo</p>	<p>Describe a time that you experienced a sudden moment of inspiration. What did it feel like?</p>
5	<p>Release stretch</p> <p>YouTube Vimeo</p>	<p>Draw it out! Illustrate a time you had a lightbulb moment.</p>

More physical workouts can be accessed at subjectofself.org/workouts



The Value of Relationships

GOAL OF LESSON

Students will reflect on how they value relationships.

LESSON TOPICS

- Relationship Skills
- Self-Awareness
- Social Awareness
- Values Clarification

LESSON CONCEPT

- Each person's unique experiences inform how they value relationships.
- This lesson will help students connect their personal experiences to how they value relationships.
- When students are aware of the value of relationships, they are better prepared to make informed and intentional decisions that align with their values.

Teaching Tip: Before introducing the lesson to your students, personalize this concept for yourself by completing the emotional workouts on your own.

HOW TO TEACH THIS LESSON

Introduce the lesson.

Briefly explain the lesson concept. You may choose to share a personal experience that has shaped how you value relationships.

Work it out.

Use the physical and emotional workouts on the next page to guide students in reflecting on relationships. We suggest you go line by line—first complete a physical workout, then an emotional workout.

Connect with others.

After completing the lesson, ask students to identify one thing they've learned about themselves during this lesson. Have them share with a classmate or family member.

The Value of Relationships

	PHYSICAL WORKOUTS	EMOTIONAL WORKOUTS
1	<p>Solution stretch</p> <p>YouTube Vimeo</p>	<p>Close your eyes. What do you see in your mind when you think of the word <i>relationship</i>?</p>
2	<p>Empathy cardio</p> <p>YouTube Vimeo</p>	<p>What emotions do you associate with <i>relationships</i>?</p>
3	<p>Aware strength</p> <p>YouTube Vimeo</p>	<p>Who is an important person in your life, and what do you value about this person?</p>
4	<p>Respect strength</p> <p>YouTube Vimeo</p>	<p>How do you show someone in your life that you value your relationship with them?</p>
5	<p>Peace breathing exercise</p> <p>YouTube Vimeo</p>	<p>Draw it out! Draw a picture of the special relationships in your life.</p>

More physical workouts can be accessed at subjectofself.org/workouts



End-of-Year Reflection

GOAL OF LESSON

Students will reflect on what they've learned this school year.

LESSON TOPICS

- Goal-Setting
- Responsible Decision-Making
- Self-Awareness
- Self-Reflection

LESSON CONCEPT

- Reflection helps individuals develop an understanding and appreciation of how far they've come in pursuit of a goal.
- Reflection can help individuals recognize growth or lack of growth.

Teaching Tip: Before introducing the lesson to your students, personalize this concept for yourself by completing the emotional workouts on your own.

HOW TO TEACH THIS LESSON

Introduce the lesson.

Briefly explain the lesson concept. You may choose to share a personal story about a goal you've pursued.

Work it out.

Use the physical and emotional workouts on the next page to guide students in reflecting on the school year. We suggest you go line by line—first complete a physical workout, then an emotional workout.

Connect with others.

After completing the lesson, ask students to identify one thing they've learned about themselves during this lesson. Have them share with a classmate or family member.

End-of-Year Reflection

	PHYSICAL WORKOUTS	EMOTIONAL WORKOUTS
1	<p>Energy cardio</p> <p>YouTube Vimeo</p>	<p>Close your eyes. What do you see in your mind when you think of the following words: A) School B) Self</p>
2	<p>Imagine cardio</p> <p>YouTube Vimeo</p>	<p>What emotions do you feel when you think about completing this school year?</p>
3	<p>Power cardio</p> <p>YouTube Vimeo</p>	<p>What was the most important thing you learned in Subject of Self this year?</p>
4	<p>Grit strength</p> <p>YouTube Vimeo</p>	<p>What is something you learned about yourself this year?</p>
5	<p>Release stretch</p> <p>YouTube Vimeo</p>	<p>Reflect on how you felt at the start of the school year. How do you feel now? What do you think the future will look like?</p>

More physical workouts can be accessed at subjectofself.org/workouts.

End-of-Year Project: Teacher's Guide

The end-of-year project is an opportunity for students to reflect on what they've learned this year while studying the Subject of Self.

Project Description

Students will create a project that can be easily shared with classmates and/or the school community. The project will convey what they've learned about reflection and spotlight specific physical and emotional lessons that they've learned about themselves.

Project Details

— Projects can be completed in any of the following formats (or get creative and choose your own!):

- Slide show presentation
- Short video
- Poster presentation
- Bulletin board art
- Student's choice

— Consider the following guidelines for student projects:

- What is something you discovered about yourself through the daily physical exercises?
- What is something you learned about yourself through the daily reflections?
- Which topic did you find most interesting to reflect on? Why do you think you enjoyed it?
- Which topic did you find most challenging to reflect on? Why do you think it was challenging for you?
- What is one thing you would like to teach our learning community about yourself?

— Teachers may choose the amount of time they would like to allot for students to work independently on the project.

— We strongly recommend creating time/space for students to share projects with each other and/or the school community.