



# 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><b>Connect</b> strength</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>Close your eyes. What do you see in your mind when you think of the word reflection?</p>
2	<p><b>Presence</b> breathing exercise</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>What are some emotions that you associate with reflection?</p>
3	<p><b>Respect</b> strength</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></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><b>Aware</b> strength</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></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><b>Peace</b> breathing exercise</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></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](http://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><b>Imagine</b> cardio</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></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><b>Power</b> cardio</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></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><b>Freedom</b> stretch</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>Has your view of yourself changed throughout time?</p>
4	<p><b>Build</b> strength</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>Has your view of the United States changed throughout time?</p>
5	<p><b>Presence</b> breathing exercise</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></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](http://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><b>Think</b> stretch</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>Close your eyes. What do you see in your mind when you think of the word <i>empathy</i>?</p>
2	<p><b>Solution</b> stretch</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></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><b>Empathy</b> cardio</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></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><b>Respect</b> strength</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>What are some ways you can show another person that you understand how they are feeling?</p>
5	<p><b>Discover</b> stretch</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></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](http://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><b>Alive</b> cardio</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>Close your eyes. What do you see in your mind when you think of the word <i>healthy</i>?</p>
2	<p><b>Energy</b> cardio</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></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><b>Strength</b> strength</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>How do you take care of your body to keep it healthy?</p>
4	<p><b>Connect</b> strength</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>How do you take care of your mind to keep it healthy?</p>
5	<p><b>Presence</b> breathing exercise</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></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](http://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><b>Ambitious</b> strength</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>Close your eyes. What do you see in your mind when you think of the word <i>money</i>?</p>
2	<p><b>Success</b> strength</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>What emotions do you associate with money?</p>
3	<p><b>Frustrated</b> cardio</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>What would you like to spend money on? What would you never want to spend money on?</p>
4	<p><b>Build</b> strength</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>Do you think money is an important part of your life? Why or why not?</p>
5	<p><b>Release</b> stretch</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></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](http://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><b>Safe</b> strength</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>Close your eyes. What do you see in your mind when you think of the word <i>school</i>?</p>
2	<p><b>Aware</b> strength</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></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><b>Love</b> stretch</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></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><b>Respect</b> strength</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></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><b>Calm</b> breathing exercise</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>What does school mean to you? Write and illustrate your personal definition of the word <i>school</i>.</p>

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# 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><b>Perseverance</b> strength</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>Close your eyes. What do you see in your mind when you think of the word <i>expression</i>?</p>
2	<p><b>Focus</b> stretch</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>What emotions do you associate with expressing yourself?</p>
3	<p><b>Worry</b> strength</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></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><b>Solution</b> stretch</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>What do you think it would feel like if you weren't able to express yourself?</p>
5	<p><b>Patience</b> stretch</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></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](http://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><b>Dedication</b> strength</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>Close your eyes. What do you see in your mind when you think of the word <i>family</i>?</p>
2	<p><b>Love</b> stretch</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></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><b>Aware</b> strength</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>Do you act differently when you are with your friends than you do when you are with your family?</p>
4	<p><b>Grit</b> strength</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>Do you play a specific role in your family (e.g. the oldest, comedian, leader)?</p>
5	<p><b>Peace</b> breathing exercise</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>What does family mean to you? Write and illustrate your personal definition of the word <i>family</i>.</p>

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# 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><b>Strength</b> strength</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>Close your eyes. What do you see in your mind when you think of the word <i>community</i>?</p>
2	<p><b>Commit</b> strength</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></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><b>Respect</b> strength</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></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><b>Build</b> strength</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>What are some communities that you belong to?</p>
5	<p><b>Grateful</b> breathing exercise</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>What does community mean to you? Write and illustrate your personal definition of the word <i>community</i>.</p>

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

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# My Dictionary: Gratitude

## GOAL OF LESSON

Students will reflect on what gratitude 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 gratitude may be different from another person's.
- This lesson will help students understand and share their unique perspective on gratitude.

*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 gratitude.

### **Work it out.**

Use the physical and emotional workouts on the next page to guide students in reflecting on gratitude. 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: Gratitude

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

More physical workouts can be accessed at [subjectofself.org/workouts](http://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><b>Empathy</b> cardio</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></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><b>Resilience</b> strength</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>Look up the phrase “walk a mile in my shoes” and write down the meaning.</p>
3	<p><b>Aware</b> strength</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></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><b>Connect</b> strength</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></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><b>Calm</b> breathing exercise</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></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](https://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><b>Safe</b> strength</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>Close your eyes. What do you see in your mind when you think of the word <i>isolation</i>?</p>
2	<p><b>Fearless</b> strength</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></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><b>Frustrated</b> cardio</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>Do you prefer to be by yourself or to be surrounded by a group of people?</p>
4	<p><b>Resilience</b> strength</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>How do you stay connected to people when you cannot physically be with them?</p>
5	<p><b>Solution</b> stretch</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></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](http://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><b>Freedom</b> stretch</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>Close your eyes. What do you see in your mind when you think of the word <i>news</i>?</p>
2	<p><b>Think</b> stretch</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></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><b>Worry</b> strength</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>Where do you receive your news? From the internet? Your family? School? The newspaper?</p>
4	<p><b>Discover</b> stretch</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></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><b>Presence</b> breathing exercise</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></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](http://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><b>Commit</b> strength</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>Close your eyes. What do you see in your mind when you think of the word <i>responsibility</i>?</p>
2	<p><b>Proud</b> stretch</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></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><b>Confidence</b> strength</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>Who takes care of you? Who have you taken care of?</p>
4	<p><b>Respect</b> strength</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></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><b>Patience</b> stretch</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></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](http://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><b>Calm</b> breathing exercise</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>Close your eyes. What do you see in your mind when you think of the word <i>water</i>?</p>
2	<p><b>Happy</b> strength</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>What emotions do you associate with water?</p>
3	<p><b>Alive</b> cardio</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>What are some ways in which you can use water to keep you healthy?</p>
4	<p><b>Energy</b> cardio</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>What are the different ways in which you have used water this week?</p>
5	<p><b>Peace</b> breathing exercise</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>Draw it out! Draw a picture of what water means to you.</p>

More physical workouts can be accessed at [subjectofself.org/workouts](http://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><b>Angry</b> strength</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>Close your eyes. What do you see in your mind when you think of the word <i>nature</i>?</p>
2	<p><b>Resilience</b> strength</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>What emotions do you associate with nature?</p>
3	<p><b>Build</b> strength</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></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><b>Grateful</b> breathing exercise</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>Imagine a world without nature. What would it look like? What would it feel like?</p>
5	<p><b>Focus</b> stretch</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></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](http://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><b>Imagine</b> cardio</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></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><b>Grit</b> strength</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></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><b>Perseverance</b> strength</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>What has been a low point of your school year so far? What has been a high point?</p>
4	<p><b>Work</b> strength</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></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><b>Patience</b> stretch</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></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](http://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><b>Respect</b> strength</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>Close your eyes. What do you see in your mind when you think of the Earth?</p>
2	<p><b>Proud</b> stretch</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>What emotions do you associate with Earth?</p>
3	<p><b>Grateful</b> breathing exercise</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>What are some natural resources that come from the Earth? How do these natural resources impact your life?</p>
4	<p><b>Work</b> strength</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>What are some ways you take care of the Earth?</p>
5	<p><b>Safe</b> strength</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>Draw it out! Draw a picture of what the Earth looks like to you.</p>

More physical workouts can be accessed at [subjectofself.org/workouts](https://subjectofself.org/workouts)



# My Dictionary: Essential

## GOAL OF LESSON

Students will reflect on what essential 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 *essential* may be different from another person's.
- This lesson will help students understand and share their unique perspective on the word *essential*.

*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 *essential*.

### Work it out.

Use the physical and emotional workouts on the next page to guide students in reflecting on the word *essential*. 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: Essential

	PHYSICAL WORKOUTS	EMOTIONAL WORKOUTS
1	<p><b>Accept</b> stretch</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>Close your eyes. What do you see in your mind when you think of the word <i>essential</i>?</p>
2	<p><b>Success</b> strength</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>Look up the word <i>essential</i> in the dictionary and write down the definition. Does the definition you wrote align with how you think of <i>essential</i>?</p>
3	<p><b>Worry</b> strength</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>What one person considers to be essential may differ from other people, based on their personal values and experiences. Based on your perspective, what are some essential services in our society?</p>
4	<p><b>Happy</b> strength</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>What are some services that are essential to a society during a pandemic?</p>
5	<p><b>Resilience</b> strength</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>What does essential mean to you? Write and illustrate your personal definition of the word <i>essential</i>.</p>

More physical workouts can be accessed at [subjectofself.org/workouts](http://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><b>Energy</b> cardio</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>Close your eyes. What do you see in your mind when you think of the word <i>food</i>?</p>
2	<p><b>Discover</b> stretch</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>What emotions do you associate with food?</p>
3	<p><b>Imagine</b> cardio</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>What is your favorite food and why is it your favorite?</p>
4	<p><b>Strength</b> strength</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></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><b>Peace</b> breathing exercise</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></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](http://subjectofself.org/workouts)



# Make Lemonade

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## GOAL OF LESSON

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

## LESSON TOPICS

- Perseverance
- Resilience
- Self-Awareness

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## 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.*

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## 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><b>Perseverance</b> strength</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></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><b>Resilience</b> strength</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>Look up the phrase “when life gives you lemons, make lemonade” and write down the meaning.</p>
3	<p><b>Angry</b> strength</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></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><b>Strength</b> strength</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></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><b>Peace</b> breathing exercise</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></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](http://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><b>Power</b> cardio</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>Close your eyes. What do you see in your mind when you think of the word <i>power</i>?</p>
2	<p><b>Frustrated</b> cardio</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></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><b>Courage</b> strength</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></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><b>Worry</b> strength</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></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><b>Release</b> stretch</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></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](http://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><b>Build</b> strength</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>Close your eyes. What do you see in your mind when you think of the word <i>fabric</i>?</p>
2	<p><b>Strength</b> strength</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>What emotions do you associate with fabric?</p>
3	<p><b>Love</b> stretch</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>What is your favorite item of clothing and why is it your favorite?</p>
4	<p><b>Fearless</b> strength</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>Is there a special fabric or article of clothing that's important to your culture, religion, or family?</p>
5	<p><b>Freedom</b> stretch</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></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](http://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><b>Courage</b> strength</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></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><b>Grit</b> strength</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>Look up the phrase "comfort zone" and write down the meaning.</p>
3	<p><b>Alive</b> cardio</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></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><b>Respect</b> strength</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></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><b>Safe</b> strength</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></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](http://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><b>Imagine</b> cardio</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>Close your eyes. What do you see in your mind when you think of the word <i>music</i>?</p>
2	<p><b>Love</b> stretch</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>What emotions do you associate with music?</p>
3	<p><b>Energy</b> cardio</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></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><b>Focus</b> stretch</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></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><b>Peace</b> breathing exercise</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></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](http://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><b>Worry</b> strength</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>Close your eyes. What do you see in your mind when you think of the word <i>fear</i>?</p>
2	<p><b>Proud</b> stretch</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></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><b>Fearless</b> strength</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>What is something you are afraid of? What does fear feel like in your body?</p>
4	<p><b>Think</b> stretch</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></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><b>Accept</b> stretch</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></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](http://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><b>Success</b> strength</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></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><b>Confidence</b> strength</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>Look up the phrase “the sky’s the limit” and write down the meaning.</p>
3	<p><b>Work</b> strength</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></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><b>Grit</b> strength</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>If nothing could stop you, what is a dream that you have for yourself when you are an adult?</p>
5	<p><b>Release</b> stretch</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></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](http://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><b>Aware</b> strength</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>Close your eyes. What do you see in your mind when you think of the word <i>equity</i>?</p>
2	<p><b>Angry</b> strength</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></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><b>Frustrated</b> cardio</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></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><b>Work</b> strength</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></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><b>Presence</b> breathing exercise</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></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](http://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><b>Connect</b> strength</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>Close your eyes. What do you see in your mind when you think of the word <i>internet</i>?</p>
2	<p><b>Think</b> stretch</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>What emotions do you associate with the internet?</p>
3	<p><b>Power</b> cardio</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></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><b>Discover</b> stretch</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></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><b>Presence</b> breathing exercise</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></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](http://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><b>Build</b> strength</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></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><b>Imagine</b> cardio</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></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><b>Release</b> stretch</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>What are some benefits and risks associated with social media?</p>
4	<p><b>Worry</b> strength</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>What does responsible behavior look like when it comes to sharing information on social media?</p>
5	<p><b>Freedom</b> stretch</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></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](http://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><b>Success</b> strength</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></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><b>Confidence</b> strength</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>Look up the phrase “lightbulb moment” and write down its meaning.</p>
3	<p><b>Work</b> strength</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></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><b>Grit</b> strength</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>Describe a time that you experienced a sudden moment of inspiration. What did it feel like?</p>
5	<p><b>Release</b> stretch</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>Draw it out! Illustrate a time you had a lightbulb moment.</p>

More physical workouts can be accessed at [subjectofself.org/workouts](http://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><b>Solution</b> stretch</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>Close your eyes. What do you see in your mind when you think of the word <i>relationship</i>?</p>
2	<p><b>Empathy</b> cardio</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>What emotions do you associate with <i>relationships</i>?</p>
3	<p><b>Aware</b> strength</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>Who is an important person in your life, and what do you value about this person?</p>
4	<p><b>Respect</b> strength</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>How do you show someone in your life that you value your relationship with them?</p>
5	<p><b>Peace</b> breathing exercise</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></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](http://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><b>Energy</b> cardio</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></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><b>Imagine</b> cardio</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>What emotions do you feel when you think about completing this school year?</p>
3	<p><b>Power</b> cardio</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>What was the most important thing you learned in Subject of Self this year?</p>
4	<p><b>Grit</b> strength</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>What is something you learned about yourself this year?</p>
5	<p><b>Release</b> stretch</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></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](https://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.