

LESSON PLAN <i>Self-Love</i> (30-45 Minute Lesson for grades 5-8)		Date:
NY State ELA Anchor Standard for Reading 7: Integrate and evaluate content presented in diverse media and formats.		
What Students Should Be Able To Do, Know, Understand, Accomplish At End of Lesson/Goals: <ul style="list-style-type: none"> Define 5 relevant vocabulary words (e.g. conscious, mindful, objective, complacency, fulfillment) Consider the question: How Do I Love Myself? 		
Teacher Prep: <ul style="list-style-type: none"> Read "A Seven-Step Prescription for Self-Love" Watch Video: https://vimeo.com/524011373 Presentation should include 5 related vocabulary words/key words 		
Materials Needed: <ul style="list-style-type: none"> Access to Go On a First Date With Yourself video on Vimeo.com Access to 8 Things You Need to Know About Self-Love on YouTube: https://www.youtube.com/watch?v=BWP3NSDpF6U Access to "A Seven-Step Prescription for Self-Love": https://www.psychologytoday.com/us/blog/get-hardy/201203/seven-step-prescription-self-love This Lesson Planning Sheet 		
Opening: <ul style="list-style-type: none"> Introduce Sharon Demattia and read her commentary <ul style="list-style-type: none"> https://www.my-robin.com/our-coaches/sharon-demattia/ "Even when we've lost our voices, we've always been able to communicate through our art. And everyone is an artist." - Coach Sharon Watch Go On a First Date With Yourself together as class <ul style="list-style-type: none"> https://vimeo.com/524011373 (3 minutes) 		Time: 4-5 min.
Prompts: Students can either read the article or watch the YouTube video below <ul style="list-style-type: none"> https://www.psychologytoday.com/us/blog/get-hardy/201203/seven-step-prescription-self-love 8 Things You Need to Know About Self-Love on YouTube: https://www.youtube.com/watch?v=BWP3NSDpF6U 		5-10 min.
Writing Prompt: Discussion Questions (give the students 5-10 minutes to write down answers) <ul style="list-style-type: none"> List 3 personality attributes that you admire in others. Why do you admire these attributes? List 3 personality traits that define you. What exemplifies these attributes? Give an example of yourself demonstrating each attribute. Is there any overlap between the traits you like in others and the traits that define you? 		5-10 min.

Robin

<u>Group Activity:</u> <ul style="list-style-type: none">• Have some students share their answers.• Split up into small groups to discuss attributes you admire in others. What are the similarities? What are the differences? Does listening to your groupmates change your answers?	10-15 min.
<u>Closing:</u> <ul style="list-style-type: none">• Have teams share the outcomes of their discussions.• Thank students for their openness and close the activity.	4-5 min.