



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.

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| | 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.