



KNOW YOURSELF

PERFECTLY IMPERFECT



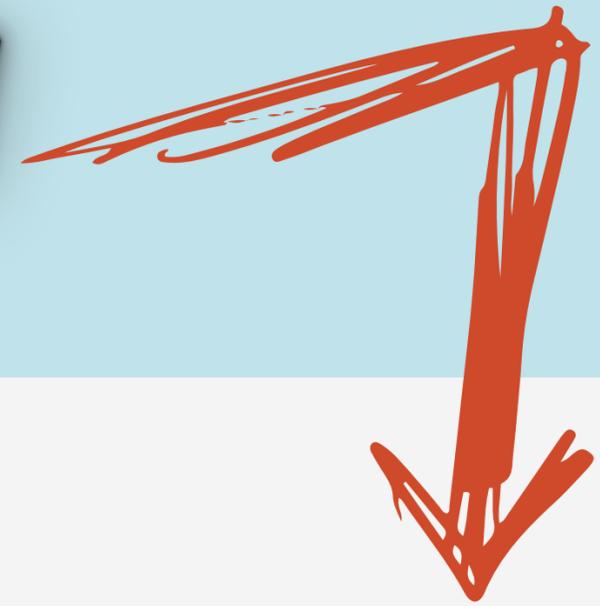
INTRODUCTION

Today, we will

- * Consider societal ideas of perfection.
- * Practice examples of self-compassion like letter writing.



SEL CONNECTION



Today, we will practice **social awareness** by considering what society considers “perfect” and **responsible decision making** by practicing self-compassion skills.





ICEBREAKER

WHAT IS PERFECT?





WHAT IS PERFECT?

- What is “perfection” to you?
- What does society say about being “perfect?”
- Is perfection real or an illusion?



ICEBREAKER



DEFINITION

WHAT IS PERFECT?

PERFECTION

The condition, state, or quality of being free or as free as possible from all flaws or defects; implies no room for improvement





LESSON
PART ONE



WHAT'S THE ILLUSION?



LESSON: PART ONE



WATCH A VIDEO



WHAT'S THE ILLUSION?

- 1) Watch "Pretty Hurts" by Beyoncé
- 2) Use the lyrics analysis worksheet to reflect on the meaning of the song.





WHAT'S THE ILLUSION?

On your graphic organizer:



- Select whether you think the lyrics are an “Illusion” or “Acceptance of Flaws.”
- If you select “Illusion,” re-write the statement to show acceptance of self.





LESSON PART TWO

LETTER TO SELF



LESSON: PART TWO



LETTER TO SELF

WRITE A LETTER OF ACCEPTANCE TO YOURSELF.

- What "flaws" can you accept or re-frame?
- What are your strengths, talents and favorite things about yourself?
- What do you need to hear?
- What should you remind yourself of when you're feeling down or insecure?





DEBRIEF / EXTENSION





REFLECT & DISCUSS

- What did this activity teach you about perfectionism?
- If you take down your perfectionism shield and let people know the real you, how might your life be better?

