



KNOW YOURSELF

SELF-WORTH / IMAGERY



INTRODUCTION

Today, we will:

- * Explore standards of beauty and define self worth
- * Analyze “Crown” by Rapsody



SEL CONNECTION



Today, we will practice **self awareness** by reflecting on our own definitions of beauty and self worth and **social awareness** by considering how society positions “beauty” and “self worth.”





ICEBREAKER

COMMON GROUND



COMMON GROUND

Find 6+ things you have in common with the group that are not related to physical attributes.

- * **Consider interests, styles, languages, origins, hobbies, passions, dreams, traditions, etc.**



LESSON PART ONE

ALL THE PRETTY PEOPLE



LESSON: PART ONE



WORK TOGETHER

ALL THE PRETTY PEOPLE

On your paper, write a list of words you feel comfortable using to describe a person's appearance.





ALL THE PRETTY PEOPLE

- What are some characteristics of beautiful people? Do these have to be physical?
- What are some things we can do to rewrite what it means to be “beautiful?”
- What are the roots of your self-worth? How do you nourish your self-worth so that it can continue to grow?





LESSON PART TWO

ME AND MY CROWN



LESSON: PART TWO



WATCH A VIDEO

ME AND MY CROWN

- 1) Watch Rapsody's video for "Crown."
- 2) As you watch, reflect and document your reactions on the 5 Thoughts document.



LESSON: PART TWO



TALK ABOUT IT



ME AND MY CROWN

- What was the message of the video?
- What did we learn about Rapsody's crown?



LESSON: PART TWO



ME AND MY CROWN

- 1) Use the the Crown worksheet to create your own crown and meaning.
- 2) At each tip of the crown, write (non-physical) attributes about yourself that make you a King or Queen.
- 3) Write a short poem, set of lyrics, or rant about your own Crown and version of self-worth





DEBRIEF / EXTENSION





SELF-WORTH / IMAGERY

- What role do you believe that schools can / should play in helping students maintain their crowns?
- Are our crowns given to us or made by us? Explain your answer.
- What would a crown campaign look like in your neighborhood?

