



KNOW YOURSELF

YOUR VOICE



INTRODUCTION

Today, we will:

- * Discuss the importance and uniqueness of each individuals' voice
- * Explore how our voices can be used as tools for change



SEL CONNECTION



Today, we will practice **self awareness** by reflecting on the power of my own voice and **social awareness** by exploring the power of listening to and uplifting other peoples' voices.





ICEBREAKER

YOUR VOICE IS NEEDED



YOUR VOICE IS NEEDED

- 1) Form groups of 5-6.
- 2) One person will start a story.
- 3) Each member of your group will add on to the story. Every voice will be included.



LESSON PART ONE

SPEAK LIFE, LIVE LIFE



LESSON: PART ONE



WATCH A VIDEO

SPEAK LIFE, LIVE LIFE

- 1) Watch Lisa Nichols' video "How to Let Your Light Shine Bright."
- 2) Use the [5 Thoughts document](#) to write about your thoughts and reactions as we watch.





SPEAK LIFE, LIVE LIFE

- What are some reasons one would need to speak up and make their voice heard?
- Have any of you been in a situation where someone needed you to speak up for them and you did or did not?
- Why or why not?





LESSON PART TWO

SPEAK UP AND OUT!



LESSON: PART TWO



TALK ABOUT IT

SPEAK UP AND OUT

Can you name examples of people using their voices to speak up for causes they believe in?



LESSON: PART TWO



WATCH A VIDEO

SPEAK UP AND OUT

Watch Beyoncé's performance of "Formation" at the Super Bowl halftime show.





SPEAK UP AND OUT



- How does Beyoncé use her voice on the Super Bowl stage?
- What were the consequences of this performance?
- What are other real-world examples of people using their voices to speak up for causes they believe in?





DEBRIEF / EXTENSION





YOUR VOICE

- Which members of our society are often silenced because of what they may look like, their gender, what they believe or where they may live?
- How can our voices be a tool for freedom for groups that are often silenced?

