



KNOW YOURSELF

SMILE THROUGH IT ALL



INTRODUCTION

Today, we will:

- * Consider the importance of Mental Health Awareness Month
- * Recognize Asian and Native Hawaiian/Pacific Islander Month
- * Analyze “Smile Through It All” by J-Reyez



SEL CONNECTION



Today, we will practice **social awareness** by learning about the contributions of Asian Americans and **self management** by examining J-Reyez's lyrics in "Smile Through It All."





ICEBREAKER

FAST FINGERS GAME



ICEBREAKER

➤➤➤ GET MOVING!

FAST FINGERS GAME

GOALS:

- 1) Add up the total of fingers.
- 2) State the **SUM** of the fingers first.
- 3) Whoever shouts the correct number first, gets the point.



DEMO VIDEO





FAST FINGERS GAME

- What strategies did you use to win or try to win?
- What would you have done differently?
- What was challenging or easy about this game?
- What made you keep going if you lost a round?





LESSON PART ONE

SMILE THROUGH IT ALL





SMILE THROUGH IT ALL

WHO IS J-REYEZ?

- Canada-born rapper with roots from Korea.
- Addresses issues of identity, immigration and discrimination in his music.
- Helps bring attention to Asian American issues.

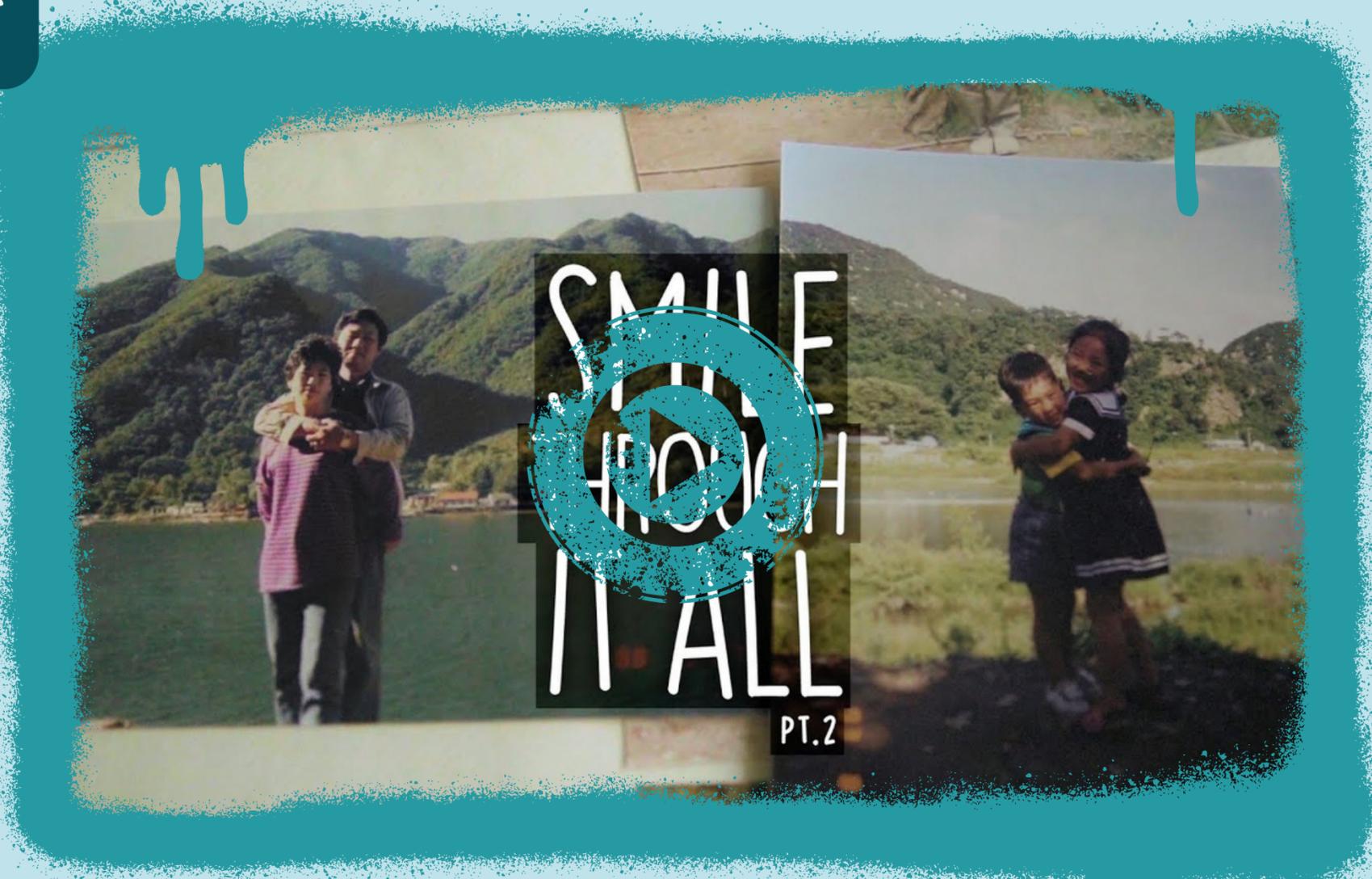


LESSON: PART ONE



SMILE THROUGH IT ALL

Watch and listen to "Smile Through It All" by J-Reyez.





SMILE THROUGH IT ALL

- What message do you think J-Reyez is trying to convey through this song?
- How might this message relate to any of the five SEL competencies? (Social-awareness, Self-awareness, Self-management, Responsible Decision Making, Relationship Skills)
- What are some of the strategies that J-Reyez suggests for coping with stress and difficult situations?
- How can we support friends or family members who are experiencing challenges or difficult emotions?





DEBRIEF / EXTENSION





EXPAND YOUR LEARNING

- 1) identify one AANHPI individual you would like to learn more about.
- 2) Use the graphic organizer for suggestions.
- 3) Share your learning with the class.

