



**KNOW YOURSELF**

**PROTECT MY PEACE**



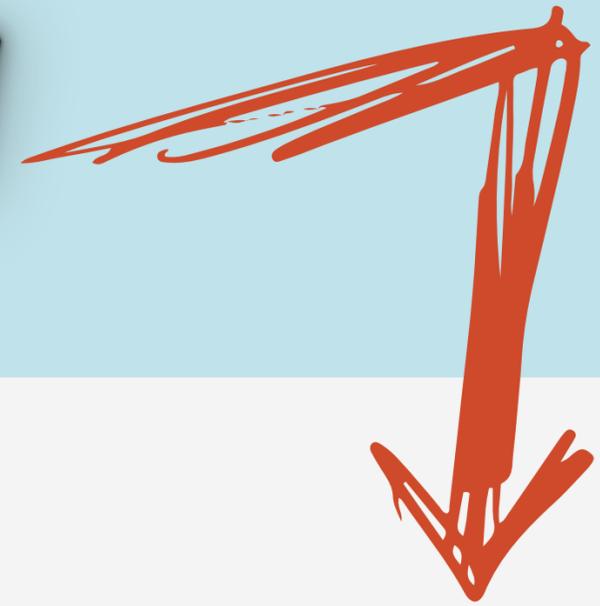
# INTRODUCTION

Today, we will

- \* Reflect on people, places and things worth “protecting”
- \* Discuss and analyze “My Happy” by Dee-1
- \* Reflect on energy drains in our own lives, and consider how to “protect our peace” with a partner



# SEL CONNECTION



Today, we will practice **Self-Awareness** by reflecting on our own energy drains and forms of protecting our peace.





# ICEBREAKER

# WORTH PROTECTING





## WORTH PROTECTING

- 1) Form groups of three.
- 2) Using your graphic organizers, list ten items, people or places that are worth protecting.
- 3) When all groups are finished, we'll come together and share.





### WORTH PROTECTING

- What do you notice about our class list?
- Why do we feel a need to protect people and things?
- Have you ever considered your happiness and peace as something to protect? Why or why not?





# LESSON PART ONE

# MY HAPPY



# LESSON: PART ONE



WATCH A VIDEO

## MY HAPPY

Watch "MY HAPPY" by Dee-1





### MY HAPPY

- Share connections you can make to the lyric excerpts and any emotions that come up for you as you reflect.
- How do you avoid negativity like Dee-1?
- What things bring you joy or happiness?
- Would you want a friend or adult in your life like Dee-1 Why or why not?





# LESSON PART TWO

# PROTECTING MY PEACE



# LESSON: PART TWO



## PROTECTING MY PEACE

Using the graphic organizer, you will have five minutes to respond to the reflection questions.



## PROTECTING MY PEACE

With a partner, share your responses while choosing one form of movement:

- Push-ups/Sit-ups x 20 each
- Walk 'N' Talk around the room
- Walk 'N' Talk in the hallway (with teacher permission)
- Jumping jacks as you talk
- Pass a ball or crumpled paper around while talking





### PROTECTING MY PEACE

- What have you realized about protecting your peace today?
- What's difficult about protecting your peace?
- Who is someone in your life that you think could use this conversation?

