



KNOW YOURSELF

EXPRESS YOURSELF



INTRODUCTION

Today, we will:

- * Learn how fashion and sports can serve as forms of self-expression.
- * Reflect on forms of self-expression and related SEL competencies.
- * Engage in meaningful discussions and collaborate with your peers.



SEL CONNECTION



Today, we will practice all five SEL competencies by learning about Sha'Carri Richardson and thinking about their own interests and self-expression.





ICEBREAKER

SELF-AWARENESS SPRINT



SELF-AWARENESS SPRINT

As a team, you will have 1 minute to write down as many personal strengths as you can think of collectively.

Each team member should contribute to the list.

READY... SET... GO!

SELF-AWARENESS SPRINT

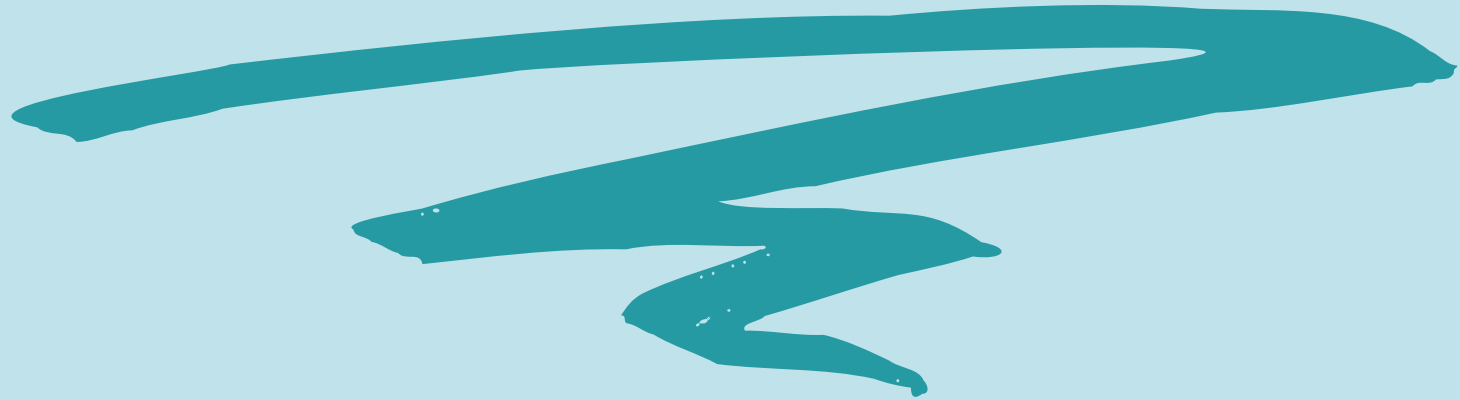
STOP WRITING!

- 1) Count the number of strengths your team listed.
- 2) Share some of your team's strengths with the class.



**LESSON
PART ONE**

**FORMS OF
SELF-EXPRESSION**





WHO IS SHA'CARRI RICHARDSON?

- Superstar professional American track and field sprinter.
- Known for her unapologetic way of expressing herself through vulnerable moments and bold fashion.
- Gained national attention for her impressive performances and unique personal style, showcasing how fashion and sports intersect.
- In August 2023, Sha'Carri Richardson set a World Athletics Championships record in the 100-meter race with her winning time of 10.65



LESSON: PART ONE



WATCH A VIDEO

FORMS OF SELF-EXPRESSION

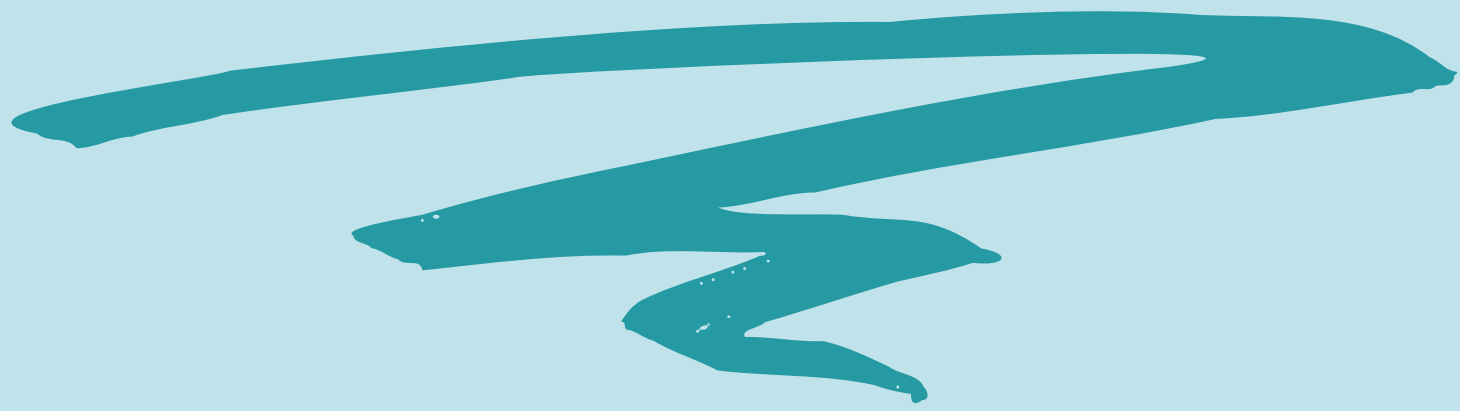
Watch “Inside the Mind of a Track Star” about Sha'Carri Richardson.





LESSON PART TWO

CONVER-STATIONS



CONVER-STATIONS

- 1) Break up into groups of 4-6.
- 2) Discuss the question with your group.
- 3) Once all groups have finished talking, one or two students will rotate to a different group.
- 4) Discuss a new question with your group and share insights from your previous discussion.



LESSON: PART TWO



TALK ABOUT IT

CONVER-STATION 1

FASHION AND SPORTS AS SELF-EXPRESSION

Discussion Question: Sha'Carri says, “fashion and sports are one in the same expression of self.” How might fashion and sports serve as an expression of self?





CONVER-STATION 2

PERSONAL FORMS OF SELF-EXPRESSION

Discussion Question: Sha'Carri's nails serve as a form of self-expression for her. What are some of your fashion accessories, hobbies, or interests? How do they serve as an expression of yourself?





CONVER-STATION 3

SEL COMPETENCIES AND HOBBIES

Discussion Question: What SEL competencies are present when you are engaging in your hobbies and interests? Share examples.

- Self-awareness
- Social-awareness
- Self-Management
- Relationship Skills
- Responsible Decision-Making





CONVER-STATIONS

- Share the key points from your group discussions with the whole class.
- Are there any common themes or unique insights you noticed?
- How can understanding self-expression and SEL competencies help you in your personal and academic lives?



EXIT SLIP

Reflect on today's lesson and write down one SEL competency you want to develop further through your hobbies or interests.

Drop off your exit slip as you leave.





DEBRIEF / EXTENSION



EXPRESS YOURSELF!

Create a personal style board with images that reflect your personality and ways you express yourself.

