

SELF-AWARENESS
9th Grade

TOPIC: Going for the Gold. (exploring different attributes that help to define our humanity).

OBJECTIVE: to help students to realize that we are more than physical persons.

MATERIALS: handout, pencils.

I. Brainstorm the following question: Ask students to choose their favorite olympic sport and think about what it would take to become a gold medal winner in that sport?

II. Write down all their responses on one side of the black board. Look for answers like, *strength, endurance, speed, motivation, support, etc.* . . Then, on the other side of the black board, (write) introduce the words: physical, emotional, intellectual and spiritual, (allow for space on the board for column of words to be written underneath these terms). Define these terms by saying that we as people operate in or use these levels everyday. For example, our need to eat and breathe and have certain material goods would be operating on a physical level, we feel many emotions/feelings at different times in response to different situations would be operating on an emotional level, we are able to think things through and we are able to learn would be intellectual, and we do good things and believe in something, may be spiritual.

III. Then, ask the class to categorize their responses, For example, you need support that would be emotional, you need to believe in your ability that would be spiritual, you need knowledge of sport that would be intellectual, you need money, that would be physical. (list their responses underthe appropriate heading.)

IV. Now ask the class what they think is the most important factor in "going for the gold?" Some will say money, other strength. But the point the teacher should make is that all factors are important-- they all work together interdependently. For example, if you could have all the drive in the world but without support, financially or emotionally, it would very difficult going for the gold.

V. Now distribute the handout and ask students to complete the questions. (see third page of lesson.)

VI. After the class is finished, read each statement out loud and have the students offer their answers. Try to stir up discussion, having students explain why they responded the way they did. If they answered "I don't know," also have them explain why. ---After you have heard from each student ask them to identify which of their answers refer to their physical, emotional, intellectual, spiritual levels or ways of operating.