

Plan on a Page | Lesson 1: What Is Power?

Guiding Questions:

- What is power?
- What are the different ways that an individual or group can have or experience power?

Activities:

1. Consider What Power Is and Isn't

Pass out the **What Is Power? Anticipation Guide** handout and have students complete Steps 1 and 2. Then debrief using the **Four Corners** teaching strategy. Finally, have students finish the handout and share their ideas.

2. Engage in a Silent Discussion of Power

Use the **Big Paper** strategy to engage students in a silent discussion about power. Project the three questions from the lesson plan for students to refer to as they interact with the quotations.

3. Facilitate a Class Discussion

Review the power-quotation big papers alongside one another, and then discuss the following questions as a class:

- When considering the five perspectives on power, which one do you find the most valuable? What makes you say that?
- What are the different ways that an individual or group can have or experience power? How do one or more of the quotations help you answer this question? How about your own experiences?
- What are the different ways that an individual or group can have or experience disempowerment?
- What responsibilities do you think come with power? For adults? For young people?

4. End with a Two-Minute Power Wrap

Use the **Wraparound** strategy to have each student complete the following sentence stem with a word or short phrase: *Power is . . .*