

Plan on a Page | Lesson 5: Making Myself Proud

Guiding Questions:

- What is self-image and why is it important?
 - How do I take pride in who I am and who I might become?
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Activities:

1. Explore, Connect, Identify, Belong

Have students engage with the Project Zero thinking routine **Who Am I? Explore, Connect, Identify, Belong**. Have students respond to the the prompts in the lesson plans in their journals. Let them know that they will not be sharing what they write.

2. Read “You Get Proud by Practicing”

Introduce disability rights activist Laura Hershey by playing the opening minutes of the Poetry Foundation’s **You Get Proud by Practicing podcast edition**, which includes Hershey reading an excerpt from her poem. Play the podcast from 00:00 - 02:17. Then distribute copies of the reading **You Get Proud by Practicing** for students to read and discuss. Then read the poem yourself or as a class.

3. Making Personal Connections to the Poem

Invite students to make personal connections to the poem by rereading the poem to themselves and choosing a favorite line for a journal reflection. Use the prompt in the lesson plan to get them started. Then have them share their ideas in a quick pair share.

4. Close Reading and Discussion

Divide the class into small groups. Pass out the **“You Get Proud by Practicing” Close Reading** handout and give groups time to respond to the two questions together. Then discuss the second question as a class.

5. Final Journal Reflection

To close, ask your students to re-read their **Explore, Connect, Identify and Belong** response from the beginning of class. Then ask them to reflect on the prompts in the lesson plan in a private journal entry.