

Overview | Being Seen: Becoming Who You Want to Be

Essential Question: How do we become who we want to be in the world?		
Lesson Overview	Guiding Questions	Texts and Materials
<p><u>Lesson 1: What is “Normal”?</u> (2 days) Students build on personal experiences and make new connections in order to define and redefine what it means to be “normal.” They read and annotate nonfiction texts, analyze poetry, and engage in class discussions to deepen and complicate their understanding of what is considered “normal” and “beautiful” in society.</p>	<ul style="list-style-type: none"> • What is “normal”? • Where do we get our ideas about what is “normal” and “ideal” in our society? 	<p><u>Plan on a Page: What Is Normal?</u> <u>Handout: What Is Normal?</u> <u>Handout: Image and Appearance: Anticipation Guide</u> <u>Reading: “Same Song” by Pat Mora</u></p>
<p><u>Lesson 2: How Do Others See Me?</u> (2 days) Students consider the range of factors that make up their identities and how the way others perceive them can differ from their own ideas and feelings about their identities. Students define key concepts, engage with personal narratives, and think about how assumptions and labels can lead to stereotypes that impact how we are perceived and how we think about ourselves.</p>	<ul style="list-style-type: none"> • What parts of my identity are determined by me and which parts are determined for me by other people or by society? • How do labels, assumptions, and stereotypes affect how other people identify each of us? How might labels, assumptions, and stereotypes affect how we think about ourselves? 	<p><u>Plan on a Page: How Do Others See Me?</u> <u>Reading: Why Are Successful Black Men Assumed to Be Athletes or Entertainers?</u> <u>Handout: Don’t Misunderstand Me!</u> <u>Handout: Inside-Out Identity Chart</u></p>

<p><u>Lesson 3: Feeling Seen: A Matter of Perspective (1 day)</u></p> <p>Students explore the ways in which we respond to difference and how accepting the labels that others impose on us can impact our perception and understanding of others and ourselves. Students have opportunities to consider how taking the time to understand someone else's perspective can broaden our understanding of others and the world around us.</p>	<ul style="list-style-type: none"> • Whose opinions and beliefs have the greatest effect on how I think about my own identity? • What factors can make it challenging for me to be who I want to be in the world? How can I navigate or rise above these challenges? 	<p><u>Plan on a Page:</u> Feeling Seen: A Matter of Perspective</p> <p><u>Reading:</u> "One of Us" by Joyce Sidman</p> <p><u>Handout:</u> "One of Us" Connection Questions</p> <p><u>Handout:</u> I Feel Seen When . . . Exit Card</p>
<p><u>Lesson 4: Finding Belonging in the World (1 day)</u></p> <p>Being seen as you want to be seen is an invaluable gift, and this lesson helps students understand how feelings of belonging and connection that come from mentors and role models have a powerful impact on self-esteem and self-development. Students engage with an animated short film to understand the power of cultivating positive and supportive relationships on their identities and sense of belonging.</p>	<ul style="list-style-type: none"> • How can words of wisdom from role models and mentors help us cultivate our own sense of identity and belonging in the world? • Why is it important to develop relationships that make us feel seen, valued, and secure in our sense of belonging? 	<p><u>Plan on a Page:</u> Finding Belonging in the World</p> <p><u>Handout:</u> "Pearls of Wisdom" Graphic Organizer</p>

<p><u>Lesson 5: Making Myself Proud (1 day)</u></p> <p>Students consider what it means to take pride in who you are, who you are becoming, and where you belong. The resources and activities invite close reading and opportunities for students to consider how poetry can captivate an audience and inspire change.</p>	<ul style="list-style-type: none"> • What is self-image and why is it important? • How do I take pride in who I am and who I might become? 	<p><u>Plan on a Page: Making Myself Proud</u></p> <p><u>Reading:</u> "You Get Proud by Practicing" by Laura Hershey</p> <p><u>Handout:</u> "You Get Proud by Practicing" Connection Questions</p>
<p><u>Being Seen: Becoming Who You Want to Be</u></p> <p><u>Assessment Ideas</u></p> <p>Students are given options that help them draw new connections between the concepts and ideas presented in this text set, themselves, and the world today.</p>	<ul style="list-style-type: none"> • How do we become who we want to be in the world? 	