

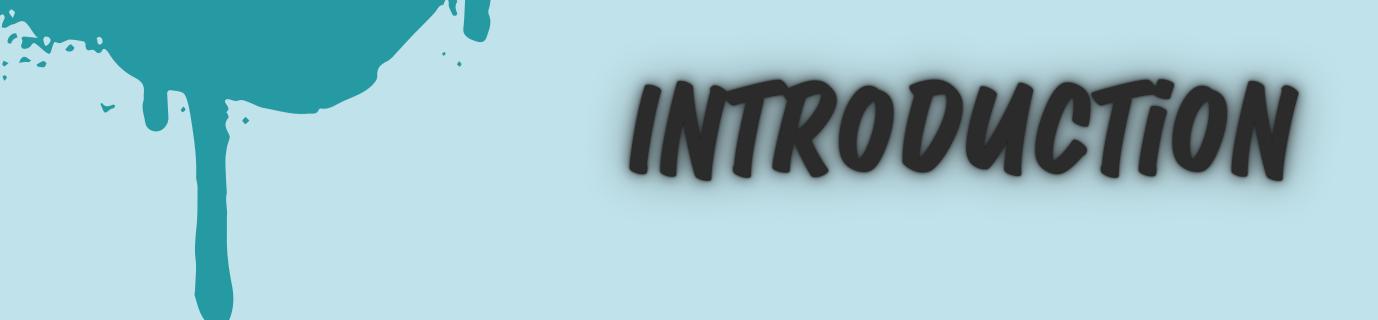




KNOW YOURSELF

# SELF-WORTH / IMAGERY





Today, we will:



Explore standards of beauty and define self worth



Analyze "Crown" by Rapsody







## SEL CONNECTION



Today, we will practice **self awareness** by reflecting on our own definitions of beauty and self worth and **social awareness** by considering how society positions "beauty" and "self worth."









## ICEBREAKER

## COMMON GROUND







## ICEBREAKER



#### COMMON GROUND

Find 6+ things you have in common with the group that are not related to physical attributes.



Consider interests, styles, languages, origins, hobbies, passions, dreams, traditions, etc.











## ALL THE PRETTY PEOPLE







## LESSON: PART ONE



#### ALL THE PRETTY PEOPLE

On your paper, write a list of words you feel comfortable using to describe a person's appearance.





## LESSON: PART ONE



## ALL THE PRETTY PEOPLE

- What are some characteristics of beautiful people? Do these have to be physical?
- What are some things we can do to rewrite what it means to be "beautiful?"
- What are the roots of your self-worth? How do you nourish your self-worth so that it can continue to grow?











## MEAND MY CROWN





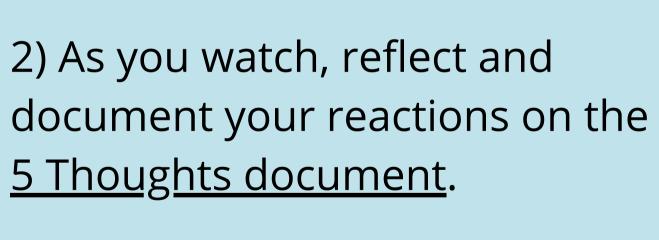


## LESSON: PART TWO

#### WATCH A VIDEO

#### ME AND MY CROWN

1) Watch Rapsody's video for "Crown."









## LESSON: PART TWO





#### ME AND MY CROWN

- What was the message of the video?
- What did we learn about Rapsody's crown?







## LESSON: PART TWO





- 1) Use the the Crown worksheet to create your own crown and meaning.
- 2) At each tip of the crown, write (non-physical) attributes about yourself that make you a King or Queen.
- 3) Write a short poem, set of lyrics, or rant about your own Crown and version of self-worth







## DEBRIEF/ EXTENSION











## SELF-WORTH / IMAGERY

- What role do you believe that schools can / should play in helping students maintain their crowns?
- Are our crowns given to us or made by us? Explain your answer.
- What would a crown campaign look like in your neighborhood?



