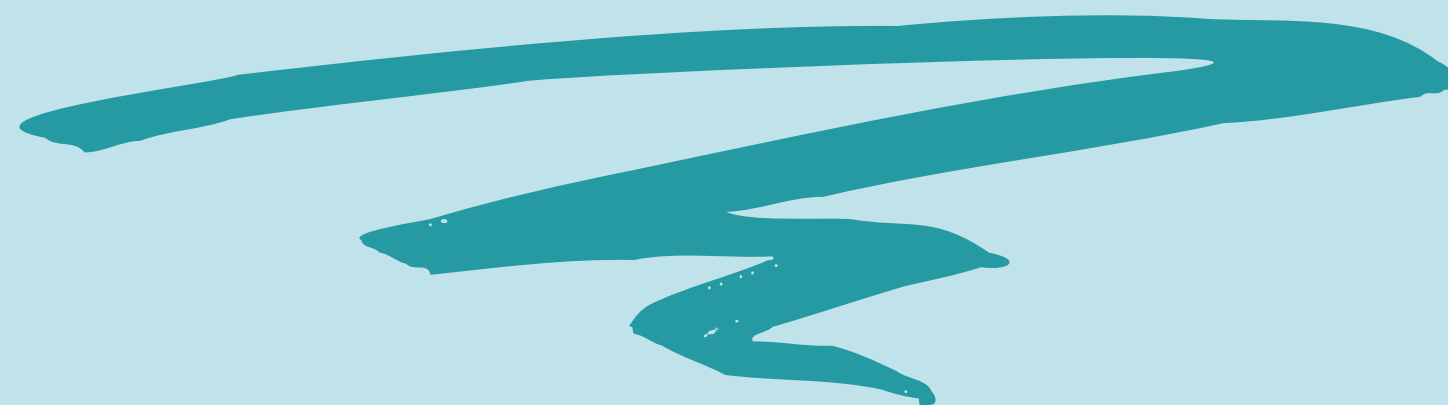




KNOW YOURSELF

WHAT IS YOUR NORTH STAR?



INTRODUCTION

Today, we will:

- * Identify our own gifts, core values and beliefs that help you identify your personal “North Stars.”
- * Learn about the history of how Indigenous people used the astrological North Star as a tool for navigation.



SEL CONNECTION



Self-awareness is necessary in order to give ourselves meaningful directions in life.





ICEBREAKER

LET'S GO TO CANADA



LET'S GO TO CANADA

GOAL

Use the North Star to navigate travel to Canada. You cannot use any technology, modes of transportation, money or goods. The class must travel as a group.



ICEBREAKER



WATCH A VIDEO

LET'S GO TO CANADA

- 1) Watch the video "What is so Special About Polaris, the North Star?"
- 2) Share facts you learned after watching the video.

THE NORTH STAR



LET'S GO TO CANADA

Using the graphic organizer, brainstorm which gifts you possess in each area.

- Gift of the Hands
- Gift of the Head
- Gift of the Heart



LET'S GO TO CANADA



GIFTS OF THE HANDS

These are gifts that use physical skill or talents. For example, one may be able to build things, be physically fit/ strong, how to cook, or be able to to run really fast.



LET'S GO TO CANADA



GIFTS OF THE HEAD

These are gifts that are connected to learning, knowledge, processing information, numbers or any skills related to thinking.



LET'S GO TO CANADA



GIFTS OF THE HEART

These are gifts that are connected to emotions such as caring for others, making people laugh, being a great listener or a great communicator.



LET'S GO TO CANADA

- 1) Reflect back the goal of traveling to Canada using only the group's gifts.
- 2) How will your gifts help the group get there?
- 3) Share out with the class.





LESSON PART ONE

WHAT IS YOUR NORTH STAR?



WHAT IS YOUR NORTH STAR?

Our North Star is symbolic of our core values and beliefs about ourselves and the world around us.

The North Star represents our purpose for achieving our goals.



WHAT IS YOUR NORTH STAR?

The video we're about to watch takes place in the mid 1800s, during the time of the Underground Railroad led by Harriet Tubman.

Enslaved people who escaped the institution of slavery would use secret communication tactics such as reading coded symbols on quilts as a map to freedom or braiding pathways to freedom in hair styles (cornrows).

They were instructed through symbols to follow the Big Dipper, which always pointed towards the North Star.

LESSON: PART ONE



WATCH A VIDEO

WHAT IS YOUR NORTH STAR?

- 1) Read the song lyrics before watching the video.
- 2) Watch “North Star” by Mumu Fresh featuring D Smoke.





WHAT IS YOUR NORTH STAR?

Mumu Fresh sings, "If you lose your way, it's only a prayer away. Your guiding light, your North Star is always with you where you are."

Answer the discussion questions using the graphic organizer, then share your response.

- Why is it important to stay true to your values (North Star) when others may try to influence you to do something different.
- How can you use your North Star to keep you on track to meeting your goals?



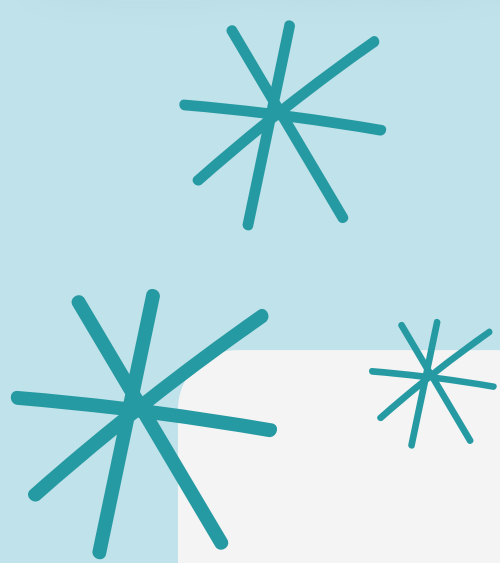


LESSON PART TWO

FINDING YOUR NORTH STAR?



LESSON: PART TWO



FINDING YOUR NORTH STAR?

Reflect about your gifts, dreams, and beliefs using the North Star reflection sheet in the graphic organizer.



FINDING YOUR NORTH STAR?

We will now create a digital collage about your North Star or core values and beliefs that help you reach your goals in life.

