



What is Your North Star?

Note Catcher

Use this note catcher to accompany the lesson "What Is Your North Star?" It provides opportunities to reflect on the meanings of "north star" while reflecting on your own values and beliefs.

ICEBREAKER

To achieve a collective goal, everyone needs to look at themselves to reveal what gifts they can contribute. Brainstorm which gift/s you may have in each area below.

Gifts of the Hands:

Gifts that use physical skill or talents. For example, one may be physically fit/strong or know how to cook.

Gifts of the Head:

Gifts connected to learning, knowledge, processing information, numbers or any skills related to thinking.

Gifts of the Heart:

Gifts connected to emotions such as caring for others, making people laugh, being a great listener or communicator.

(Continued below)



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LESSON PART ONE

In this activity you will be analyzing the song “North Star” by Mumu Fresh. The song begins with a monologue to the artist’s son to give him the instructions he will need in life to always be able to find his way back to his true self; his true identity — a king. Reflect on the following questions while watching the video.

1. The main character 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.” Think about the motivational speech from part one. What is the North Star in the video symbolic of?
2. How is the theme of this video similar to the theme of the motivational speech?

(Continued below)



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LESSON PART TWO

The North Star is symbolic of your core values and beliefs about yourself and the world around you. In this activity, you will think about your North Star. Think about the values and beliefs that you hold true. These values will serve as your guiding light to help you stand in your truth no matter what others may think, say or do.

Review the North Star Digital Collage example. Use this example to create your own digital collage about your core values and beliefs or North Star.