



## Lesson plan for Electives - Self Awareness Activities

Students will have two electives, by the time they get to your class they may of already completed one of the Elective assignments. Have students complete the elective assignment that they have not finished. Assignments/readings will be posted on the Junior High website.

### **Assignment #1**

1. Read the following document to your students - [John Goddard: 108 Adventures Down, 19 to Go](#)
2. Have students take out a piece and label it, "My Life List" then ask them to dream their grandest dreams, and for 5 minutes, without talking, to write down goals--both short and long term--for their life list.
3. After about five minutes, allow students to compare lists and talk as they continue to write for 5 more minutes.
4. Through a class discussion, have students share their lists or parts of their lists.
5. Summary discussion items
  - a. Why is it important to have short and long term goals?
  - b. What keeps people from accomplishing their goals? What things help people reach their goals?
  - c. Read John Goddard's life list ([link](#)) and see if students wrote down similar goals.
  - d. Is it "okay" to not reach a goal? Explain your answer.

### **Assignment #2**

1. Have students write a Personal Poem using this [link](#).