

Learning plan 4 TOPIC: What are beliefs?

UNIT OF STUDY: Personal Standards and Identity

LEARNING OUTCOMES:

- USC 6.1 Analyze the factors that influence the development of personal standards and identity

- USC7.1

Establish and use strategies to commit to and act upon personal standards (see grade 6) for various aspects of daily living over which an individual has control.

- USC 8.1

Analyze and establish effective strategies of support for purposes of helping others increase health-enhancing behaviors.

ANTICIPATORY SET:

Journal Question: (below)

Students will respond to the following journal question: What are beliefs? Do our beliefs have an influence on our lives? Why? How?

PROCEDURES:

1) Read Article: What are beliefs? (below)

2) Reflection Questions (below)

Students will complete the Reflection Questions within today's reading.

ASSESSMENT:

Journal Question

Reflection Questions

2 Truths and a Lie

MATERIALS NEEDED:

Article: What are beliefs? (below)

Journal Question (below)

Reflection Questions (below)

2 Truths and a Lie (below)

CONCLUSION:

2 Truths and a Lie: (below)

1. Come up with three statements about yourself.

2. Make two of them true, but make them interesting and not too obvious.
3. Create one statement that is false, but also make it unique and tricky.
4. See if your friends can guess which statement is the lie!"

JOURNAL QUESTION

How do you think acting on your values and reflecting on them can make a difference in your life? Can you provide examples of what it might look like or sound like when someone is living according to their values?

What are beliefs?

Beliefs and values play a big role in our lives. Beliefs are ideas we think are right, and they shape our experiences. For example, believing in kindness leading to positive outcomes. Values are principles that guide our decisions, like the importance of family or working hard.

Fairness is a value that can make our world safe for everyone. Imagine a world where everyone is treated equally and with kindness - that's what fairness looks like. When we act on our values, it means living according to what we believe is right. This can include treating others well, standing firm in our beliefs, and making choices that reflect our values.

Think about your own beliefs and values. How do they shape your decisions? What would a world that reflects your values look and sound like? How can fairness be a part of it?"

REFLECTION QUESTIONS

Reflect and respond to the questions below.

<p>1. Have you ever stopped to think about how your own experiences and beliefs might be influenced by the idea of race?</p>	
<p>2. Think about the world around you. Can you identify any examples where people are treated differently based on their race? How might these examples reflect not just personal ideas, but also larger systemic issues? What actions could be taken to address these inequalities?"</p>	
<p>3. Consider your friendships. Do you have friends from diverse racial backgrounds? How does having friends from different races contribute to your understanding of the world? In what ways can we challenge and change unfair actions and ideas on both a personal and systemic level to promote fairness for everyone?</p>	

<p>1. Think about the messages you receive about gender from the people around you and the media. How do these messages shape your beliefs about what it means to be a boy or a girl? Are there any stereotypes that you've noticed?"</p>	
<p>2. Think about the roles and responsibilities assigned to different genders in your family, school, or community. How do these roles impact your own beliefs about what boys and girls can or should do? How can we challenge and change these beliefs to create more fairness?"</p>	
<p>3. Reflect on your own beliefs about what makes someone 'strong' based on their gender. Do you think these beliefs are fair? How can we encourage everyone to pursue their interests and passions without being limited by stereotypes about gender?</p>	

What do your responses tell you about yourself?	
Where have your values come from?	
Are there beliefs you think you might change? Why or why not?	

2 TRUTHS AND A LIE

Create 3 statements:

- 2 statements will be true but unique enough to make someone think twice about it.
- 1 will be false but also unique