

## Plan on a Page | Lesson 4: I Feel Seen!

### Guiding Questions:

- Whose opinions and beliefs have the greatest effect on how I think about my own identity?
  - Why is it important to develop relationships that help us feel seen, valued, and secure?
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### Activities:

#### 1. Reflect on Supportive Relationships

Prepare to watch this lesson's short animated film by having students reflect in their journals on what it feels like when someone encourages you to be your true self. Let them know that they will not be required to share what they write. Use the questions in the lesson plan to prompt their thinking.

#### 2. Watch a Short Animated Film

Have students watch the StoryCorps short video **The Door She Opened**. After watching, ask students to respond to the questions in the lesson plan in a **Think-Pair-Share** activity and then debrief as a whole class.

#### 3. Explaining "Pearls of Wisdom"

Explain to students how pearls are created and let them know that this is why the phrase "pearls of wisdom" is often used to describe a positive lesson formed over time from something that was once painful or challenging.

#### 4. Creating "Pearls of Wisdom"

Distribute the **"Pearl of Wisdom" Graphic Organizer** and tell students that they are going to write, draw, or collage a piece of wisdom on the handout. Gather art supplies — colored pencils, pens, crayons, magazines — then let students get to work creating their own pearls of wisdom.

#### 5. Sharing Pearls of Wisdom

There are many ways that students can share their pearls with the class. They can post them around the room for a **gallery walk**, present them in a circle discussion, or share them in pairs or triads.