**Lesson #1 - The Self**

**The Question: What makes you you?**

Today’s lesson will focus on the qualities that make you unique. How are you different from other people? What makes you similar to other people? What makes you the person you are? The goal of this lesson is to get students thinking about how every person is their own individual.

**Activity:**

1. Google Form!

(we ask for your email so you can get an email with your responses)

1. Draw a picture of yourself!

 - Try to incorporate your google form answers into the picture (ex. Draw yourself doing something you like to do)

**Discussion/ Things to think about:**

* How do you feel about the picture you drew? Does it look like you?
* Can you add anything else to the picture to make it look specifically like you?
* Could it be a picture of anyone else?
* What would your partner’s picture look like? Is it similar or different from yours?
* If everyone drew a picture of themself like this, would they all be different?
* Does your picture change depending on how you feel? What does it look like when you’re sad? What does it look like when you are happy?