

Lesson Plan | Live Above The Line | Lesson 3: Humbling

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LESSON PLAN: Humbling

Before using this lesson it is recommended you read the book 'The Cloud and the Line' by Paul Gibbs. This will help you understand the principles taught. For more information and purchase details please go to <http://www.paismovement.com/resources/the-cloud-and-the-line-book>

MAIN AIM: Help teach students humility is knowing who you really are and using that to help others.

AGE RANGE: 12 – 18 Years

TIME: Approx. 45 minutes

RESOURCES:

- A collection of various magazines
- Bottles of Coke and fake Coke
- Rope /string for Cloud and Line illustration
- Reflective paper for each student

ATTENTION:What if popularity didn't matter?

TIME: 10 minutes

MODULE 1

Put various magazines on tables throughout the classroom. As students enter ask them to create the perfect them from magazines. This should be a collage of not only looks, but what they like and dislike, their hobbies etc. Have several students present their collage to the class.

LINK: Who would you be if you weren't afraid of what others thought of you?

APPLICATION: What does it take to be yourself?

TIME: 30 minutes

MODULE 2

Have 2 volunteers come to the front of the class. One holds a piece of rope at one end of the room, the other holds the other end at the other side of the room. Ask other students to explain what happens when we think more of ourselves than is true. As they explain have them come and stand on the left side of the rope. Have another student explain what happens when we think less of ourselves than is true. Have that student stand on the right hand side of the room.

LINK: One end of the line is pride and the other is false humility. Neither is who you really are.

MODULE 3:

Have several blank bottles at the front of the classroom. One of the bottles should contain the real Coca Cola. The others should contain fake ones. Explain that real coke fizzes, it's not flat and it doesn't fizz just a little, it fizzes a lot. Can you guess which of these is the real coke?

LINK: There will ways be someone better than you at something but no one can be better than you at being you.

MODULE 4

Dove real beauty campaign. Play the video from the link below. Or search youtube for "Dove real beauty campaign."

<http://www.youtube.com/watch?v=XpaOjMXyJGk>

LINK: What makes people want to be around others is when they are themselves. How tiring is it to put on a facade that isn't you? Don't over or underestimate who you are.

APPEAL: Will you use who you are to serve others?

TIME: 5 - 10 minutes

MODULE 5

Hand out sheets of reflective paper. On one side of the sheet begin to write down things about who you really are.

LINK: Your true worth is not about what you can do. The Founding fathers of the USA said "all men are created equal."

Question: Where did they think our true worth came from?

Even though our worth is not found in what we do, we should be willing to help others. Are there things in your school that you recognize you can help with? Write it down on the other side of the reflective paper.

LINK: Your true worth is intrinsic in the fact you are human. Your life is valuable and priceless. Why not use that life to help others?