

Heart, Head & Purpose

ACTIVITY LESSON PLAN



Objectives

In this lesson, students create a Venn Diagram that helps them identify their passions, skills, and knowledge, and create a personal purpose statement that merges these elements. This is helpful for planning capstone projects, entrepreneurship/design projects, or career readiness.

Why Unrulr?

- Empower students to reflect and share their identity through the media they know
- Extend discussion and connect like-minded students through comment threads
- Easily understand and visualize the change driven through the HHP exercise.

Materials

- 📱 Mobile device or tablet with Unrulr app
 - Large sheets of paper
 - Writing materials (pens, markers)
 - Post-it notes

Resource: [Heart, Head & Purpose Slides](#)

Deliverables

- 1 Unrulr post about identity
- 1 completed Venn Diagram
- 1 Unrulr reflection on discoveries
- 3 comments on peer posts

Lesson Plan Overview

Pre-work

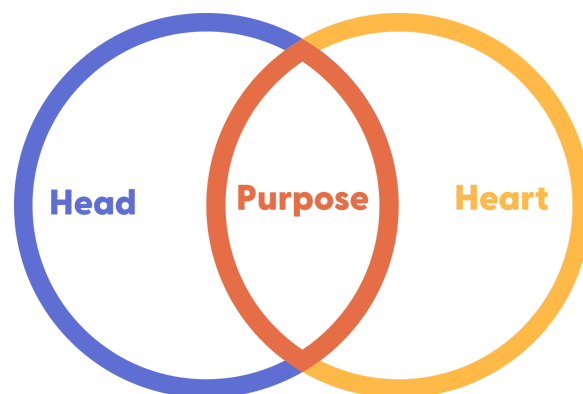
Prompt students in Unrulr, sparking introspection before the activity.

Heart, Head, & Purpose Activity (60-mins)

Students fill out Venn Diagram and document their work in Unrulr.

Follow-up

Students reflect in Unrulr about their self-discovery and future plans.



Activity Lesson Plan

Activity Prep

Post an introduction prompt on Unrulr to get students to think about their identity and passions ahead of class:

Due **Jul 18**

Through photo, video, and/or audio, please reflect on the following:

Who are you, what are you passionate about, and what is something you hope to accomplish?

Set the due date to the day before class.

💡 Need help? Check out [How do I create a Prompt?](#)

Introduction & Instructions (10 minutes):

Introduce the activity to the class and explain the objective:

- *Today, we will explore our passions, our knowledge, and how to combine these two to create a purposeful vision for our future.*

Explain the activity:

- *On a big sheet of paper, you'll draw a Venn Diagram with two circles. Label the left circle "Heart", the right circle "Head", and the overlapping middle "Purpose".*

Let your students know that following the activity, there will be a follow-up prompt in Unrulr.

Students will need to take a photo or video of the finished activity for documentation.

"Heart" Activity (15 minutes):

Prompt students to fill the left circle with their passions and what makes their heart beat faster.

Use the questions provided as guidance:

- What issues or ideas make your heart beat faster, whether because you are so deeply compelled by them, because you are angered by them, or because you are overjoyed by them?
- What drives you, what is your why?
- What has been passed down to you through ancestry and life?
- What global issues and movements fill your soul?
- What is the primary topic of the articles you always read, and the movies, books, and TV shows to which you are most attracted?
- What are some similar qualities in the people you consistently find yourself drawn to?
- When are you sitting on the edge of your chair?
- What social or environmental problem do you ache to see solved?
- When you imagine the world you want to live in what three words come to mind?
- What values do you hold?

Encourage students to share out a few of their responses with the class (if comfortable).

"Head" Activity (15 minutes):

Direct students to fill the right circle with their areas of expertise, skills, and interests.

Use the questions provided as guidance:

- What do you know inside and out? What are you skilled in? What do you want to learn?
- What groups or individuals do you know well or have unique access to?
- What areas of academics and life could teach others about?
- What education or other learning outside of school do you have?
- What experiences have you had that have given you insights or information that most others do not have? What are these insights?
- What are the three things that your best friends, your family, and your mentor would agree you are best at?
- What is your role in groups—whether you are with your friends, your family, or your peers?
- What technology, apps, websites, and tools do you use?

Again, encourage students to share out a few responses with the class (if comfortable).

"Purpose" Activity (15 minutes):

Instruct students to reflect on their "Heart" and "Head" responses and try to combine them in the middle circle, labeling it as "Purpose".

Use the questions provided as guidance:

- Imagine you are at a showcase and presentation, what are you presenting on, what did you accomplish?
- How could your work evolve as you hit roadblocks?

Guide students to think about potential products or services they could create, or changes they want to see in their communities or the world that align with their "Heart" and "Head" responses.


Remind students to capture a photo of their finished Venn diagram— **they will need one for their follow-up Unrulr post.**



Group Discussion and Reflection (5 minutes):

Ask volunteers to share their "Purpose" ideas and how they've combined their passions and skills.

Discuss how identifying our passions and skills can help guide us to make impactful decisions in our lives.

 **Keep in mind:** not every student needs to share in class. Unrulr allows every student to be heard and seen, even with only 60 minutes of class time, enabling ongoing discussion and community building.

Follow-Up Activities

Follow-up the activity with a prompt in Unrulr:

Due Jun 4

Post your finished Heart, Head & Purpose Venn diagram along with a video of yourself reflecting on the experience and answering the following:

What did you learn about yourself?
What do you feel inspired to work on?

You might also ask students to **comment on at least one other student's post** and ask each other questions about their responses to the activity. Students should be encouraged to look for potential partners and collaborators— who might have a complementary skillset?

In the next class or in homework, students can further explore their Purpose ideas, research more about the topic, or start planning potential steps to realize their vision. This could be a great springboard for a project or presentation in class.

(Optional) In three months, repeat the activity with your students to see how their skills, passions, and goals have changed.

Assessment

Look through your group's Unrulr feed and review the responses and comments. Determine whether students have fully participated and reflected on the activity. You may also decide to "check off" on COGS that you feel are accurate.

💡 Wait, what are COGS? Check out [COGS In Unrulr](#)

💡 If you need help getting started, for this activity, we suggest using the following COGS:

The Five Core SEL Competencies

