

Lesson 1: Happyvism



THIS IS A SHARED DOCUMENT VIA GOOGLE DRIVE. TO ACCESS PLEASE MAKE YOUR OWN COPY ON THE TOP LEFT CORNER SO YOU MAY EDIT THANK YOU. ENJOY!.

Essential question: What makes you happy?

Goal/s	Learners will be able to: - Describe 3 personal characteristics and physical attributes that they love most about themselves. - Use 3 context clues to analyze visual art and draw conclusions about the author's message of a text. - Collaboratively create a Joy anthem that positively celebrates identity (racial/cultural/linguistic/gender expression/orientation/mental & physical ability) through music, metacognition, and social/emotional expression.
Materials Needed:	1. J Cole, Forest Hills Drive Intro (Piano Cover) 2. Happyvism Youtube song 3. Happyvism book excerpts (In google slide) 4. Happyvism Instrumental (In google slide) 5. Joy anthem sentence stems worksheet (attached) 6. Google slides presentation (attached)
Continued learning (Homework)	Students will continue to individually work on Joy anthems at home.
Key Vocabulary	Mindfulness: Paying attention to your body, mind, and emotions. Joy: A choice to love yourself Personality trait: Something you love about yourself

Summary of Learning Activities

Initiation (Warm-up)	What the facilitator is doing:	What the learners are doing:
Description of warm-up (8 min)	- Intro of self (2 min) - Guided hip hop meditation (3 min) - Reflect with learners on experience (3 min) - Reflection questions: - How do you feel after this mindfulness practice? - What did you think of during this activity? - What images of Joy came into your mind during this activity?	- Learners will engage in a mindfulness practice through hip hop meditation centered on Joy
Heart of the Lesson---	What the facilitator is doing:	What the learner is doing:
Description of activities (22 min) - Happy reflection - Overview on project Happyvism - Happyvism music video - Happyvism read aloud	- Independent reflection/ Think, pair, share: What makes you happy? (3 min) (List and share 3 examples) - Overview of project Happyvism (2 min) - Watch Happyvism music video (4 min) - Reflect on takeaways from video (3 min) - Digital read-aloud of small excerpts from Happyvism (10 min) (Focus on: Action words, context clues, and Social/emotional takeaways)	- Learners are reflecting on 3 things that make them happy - Share outs - Analyzing happyvism music video - Sharing take aways from video - Drawing conclusions on author's message through context clues and action words.

Closure	What the facilitator is doing:	What the learners are doing:
Description of Closure Activity: (20 min) - Creation of Joy anthem	- Creation of Ujima bees Joy anthem! (20 min) (Students revisit what brings them Joy/ what makes them happy. With guided sentence stems create to create	- Students will use happyvism sentence stems to reflect on Joy and identity

	an Umoja bees Joy class anthem)	
Evidence that you met your daily lesson objectives (daily assessment):	Teacher observations, student participation, creation of Joy anthem	
What to adjust/revisit for the next lesson:		

Project Happyvism Joy Anthem!

Directions: It is your turn to create our own Ujima Bee's Happyvism anthem! Take your time to think about each question and answer to the best of your ability. Once you have completed, we will come back together and create a class Joy anthem using your reflections!

I am an Ujima bee, and one thing I love about me!.....

I love to.....

(Create a sentence of one thing you love to do outside of school. This can be a hobby or something you are really good at!)

I am an Ujima bee, and one thing I love about me!.....

One part of my personality that I love most about myself is...

(Create a sentence about one thing you love most about your personality, can be your laugh, how many questions you ask, how funny you are, how you care about others?)

I am an Ujima bee, and one thing I love about me!.....

One physical feature I love most about myself is...

(Create a sentence about what you love most about your body, this can be your smile, eyes, skin, even your curly amazing hair!)

I am an Ujima bee, and one thing I love about me!.....

I feel happy when...

(Create a sentence describing one thing you do that makes you feel happy)

I am an Ujima bee, and one thing I love about me!.....

One thing I appreciate about Mrs. Love that makes me happy is...

(Create a sentence about one thing you happy about Mrs. Love and this class)
