

Lesson Plan: Inner Critic AI

Lesson Description: This lesson helps students confront and reframe self-doubt by personifying their Inner Critic through visual and written expression. Using AI tools, specifically Chat GPT and Sora, and reflective writing, students explore inner narratives, build self-awareness, and transform criticism into growth, strengthening both their creative confidence and writing voice in a supportive, imaginative way.

AI Tools Used:

Chat GPT, Sora, DALL·E, Craiyon, or Artbreeder

Learning Objectives:

- Develop Self-Awareness: Students will identify and reflect on the inner narratives of self-doubt and criticism, gaining insights into how these thoughts influence their creative confidence and writing process.
- Reframe Negative Self-Talk: Students will practice transforming self-critical thoughts into constructive feedback, learning to navigate inner criticism while fostering growth and resilience.
- Enhance Creative Expression: Students will explore their inner critic through both visual and written expression, using AI tools to personify and reframe negative self-perceptions in imaginative and supportive ways.
- Strengthen Personal Voice: Students will engage in self-reflection to better understand their unique writing strengths and develop a clearer, more confident writing voice by confronting and defining success on their own terms.

Estimated Duration:

15-20 Minutes

Materials Needed:

Chat GPT(Or Sora, DALL·E, Craiyon, or Artbreeder)

Curriculum Placement:

This activity is most effective during the early stages of a creative writing project or personal reflection essay. It can also complement lessons on self-awareness, personal voice, and narrative structure, making it suitable for:

- Identity exploration
- Essays
- Creative expression and storytelling
- Developing a unique writing voice

Reflection:

The lesson was generally well-received by students, as they found it both engaging and introspective. The combination of visual and written expression helped them confront their inner critic in a creative, non-threatening way. Many students were surprised by how much they learned about their own internal narratives and how these narratives impacted their writing. The

exercise allowed them to articulate their self-doubt in a tangible way, making it easier to address and reframe.

One challenge I encountered was that some students struggled with the metaphorical nature of the Inner Critic. A few found it difficult to personify their critic visually and in writing, feeling either overwhelmed or unsure of how to represent something so abstract. To streamline the lesson, I could provide more structured prompts or examples to guide them through the process of defining their critic's form and voice. Additionally, offering a bit more time for brainstorming and reflection might help students feel more comfortable with the creative aspect of the task.

In future courses, this lesson could be adapted for different types of writing, like personal essays, creative nonfiction, or even poetry. The exercise can also be expanded to explore themes of resilience, self-compassion, or overcoming obstacles in writing. It could be paired with more traditional writing assignments to reinforce how inner narratives impact the writing process.

To improve the lesson further, I'd consider adding a discussion portion where students can share their experiences and insights from the activity, creating a supportive community atmosphere and encouraging peer learning.