

ATTN STUDENTS: As you work through these lessons, remember that slowing down, breathing, and thinking through your ideas are a part of the learning experience. Try to start practicing mindfulness in other areas of your life, as well. Begin a short daily journal, if possible.

High School Distance Learning Ideas

(Ideas are fluid and do not have to be completed in numerical order.)

'Reflections' Ideas

Ideas #1-5

1 - Metaphor about Me Idea

(Approximately 25+ Minutes)

Sharpen these Skills - Figurative Language; Writing; Reflection

Metaphor is a thing regarded as representative or symbolic of something else, especially something abstract. Learn more with this activity.

DO THIS: Write this sentence in a journal, or begin a log, and fill in the blank: When I am at my best as a (person, student, artist, athlete, son, daughter, etc.) I am _____.

- Close your eyes, take a deep breath and picture something that represents your metaphor. Underneath your written sentence, draw a symbol, picture, or other illustration that represents your metaphor.
- Write a few cohesive sentences about how your metaphor is a strength for you...a time when having that characteristic has been helpful. Write another few sentences about how your metaphor might be a limitation for you...a time when having that characteristic might NOT have been helpful.

Reflection: What is one thing you have learned about yourself recently? (write it down)

2 - What's Behind a Name? Idea

(Approximately 20+ Minutes)

Sharpen these Skills - Reading Fiction; Writing; Use of technology

Internalization is the process of making something internal, with more specific meanings. Learn how to internalize through this activity

- Write a short story of your name, including details such as its history or meaning, who you may have been named after, if you have ever been embarrassed by your name, any nicknames you go by and why.
- Other questions to consider: How do others respond to your name? If you could pick out your own names, what would you choose? Interview family members if necessary to find out additional details about your name. Why were you given that name? Who picked out your final name? If you cannot get this information, make something up about your name that tells about who you are and specifically names good traits about you or that you want to become.
- If you have access to technology, read ["My Name"](#), by Sandra Cisneros as an example.

Reflection: In what ways do our names influence our identity development?

3 - Core Values Idea

(Approximately 20+ Minutes)

Sharpen these Skills - Reflection; Personal evidence; Descriptive writing; Real-world connections; Providing evidence

Self-actualization is the realization or fulfillment of one's talents and potentialities, especially considered as a drive or need present in everyone. Learn more about self-actualization through this activity.

- Think about the following questions:
Who are your heroes, and what traits do they possess?
What is more important to you than anything else in the world?
What characteristics do you hope others see in you?
What characteristics do you admire in others?
- With those questions in mind, review the following examples of personal core value. Circle the core values that most represent you.

Acceptance, exploration, fairness, reason, generosity, calmness, compassion, self-reliance, happiness, Imagination, joy, kindness, teamwork, leadership, dedication, openness, interconnectedness, family first, passion, vision, accountability, accomplishment, ambition, independence, comfort, strength, freedom, spirituality, creativity, courage, order, health, enjoyment, sovereignty, gratitude

- Based upon the core values circled above, write a personal mission statement that defines who you are and gives you purpose. The link below defines what a mission state is and does, includes reflection questions, and provides sample mission statements as a guide. Do your best to put your mission statement into practice each and every day.
 - [Mission Statement Guide](#)

Reflection: Did anything you wrote surprise you? How do you think you acquired these qualities? Who do you know that shares these same qualities?

4 - Writing Prompts: Family, Values, and Beliefs Idea (Approximately 20+ Minutes)

Sharpen your Skills in - Cultural Awareness; Informative writing; Reflection; Real-world connections

Culture can be many things: language, community, artifacts, art, rules, rituals, food, ideas, etc. that define a group and how they make meaning and live in the world. Learn more about yourself and your culture by doing this writing activity.

- Choose one of the following writing prompts to write a short narrative about yourself. Choose a person/people you respect and write as if they are your audience.
 1. Family: What constitutes a family? What is your family structure like? What is the role of a family?
Family is not defined solely by people you are related to; family can be any and all people around that care for and respect you, and you them.
 2. Language: What language is spoken where you live/at home? How do people communicate with one another? How many people speak more than one language? What beliefs about language are shared in your home?
 3. Religion: How important is religion where you live/ at home? How is it discussed or observed? How does religion influence your daily life?
 4. Education: How is your family involved in your education? What expectations are communicated to you about education? Who is your biggest influence for you in helping you with your education and your future?

Reflection: If your mentor(s) are available, read your piece to them. If not, read it aloud and reflect on the positive aspects, and/or things you aspire to overcome.

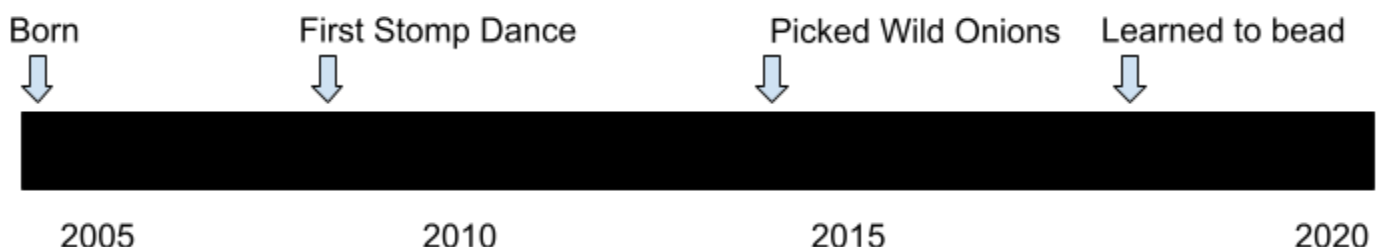
5 - Cultural Timeline Idea (Approximately 25+ Minutes)

Skills Improvement - Working with a timeline; Collaboration; Reflection; Cultural Awareness; Compare/Contrast; Graphic organizers; Sequence of events; Real-world connections

Culture can be many things: language, community, artifacts, art, rules, rituals, food, ideas, etc. that define a group and how they make meaning and live in the world. Learn more about yourself by completing this activity.

- Begin by writing a series of dates in five year intervals beginning with your birth year. See the example below.

My Cultural Timeline



- Think of the very first time you remember experiencing your culture and map the event on your timeline with a brief description of the event.
- Think of as many events as you can that represent significant cultural experiences and map them on the timeline too.
- Why were the events you selected significant in your life?
- Ask an elder or older family member to complete a cultural timeline of their own.
- Compare the two timelines. Did they have more cultural events or less than you? Why do you think that is?
- Ask them about their most significant cultural event. Create a Venn diagram (the two circles) and compare and contrast your cultural timeline with theirs.

High School Distance Learning

'Cultural Considerations Ideas'

Ideas #6-10

6: Influencing History Idea

(Approximately 1 hour)

Skills You'll Acquire- Research; Cultural Awareness; Cause/Effect; Predictions; Collaboration; Vocabulary; Reflection; Real-world connections; Providing Evidence

Influence is the capacity to have an effect on the character, development, or behavior of someone or something, or the effect itself. Complete this activity to research these influential people and capture their qualities that influence people in a positive light.

- Use any type of technology available to research one of the following people or groups of people who have influenced the Culture, History, and Representation of Indigenous People within the United States.
 1. [Joy Harjo](#)- First Native American Poet Laureate to the United States.
 2. Jim Thorpe-Influential Native American Olympian
 3. [Taika Waititi](#)- 2020 Indigenous Filmmaker and Oscar Winner
 4. Navajo Code Talkers-used their language to help U.S. military
 5. [Te Ata Fisher](#)- One of the Greatest known Native American Storytellers
- What is their story? How have they impacted the United States? How would our society be different if these Indigenous People had not accomplished and continue to accomplish great things? Explain if and why exposure to Indigenous People such as these may be needed in learning environments.
- While researching, identify specific words and phrases that capture the traits of your person.
- Create a graffiti style word cluster on a sheet of paper. Be as artistic and colorful as you can.

Reflection: Call someone or tell someone in your home what you found out during your research. Tell them about or show them your word cluster. Explain to them how these words represent your person.

7: Cultural Travel Research Idea

(Approximately 30+ Minutes)

Skills You'll Expand- Research; Persuasive writing; Grammar skills; Cultural awareness; Use of technology; Real-world connections; Providing evidence

Culture can be many things: language, community, artifacts, art, rules, rituals, food, ideas, etc. that define a group and how they make meaning and live in the world. Learn more about culture by completing this activity.

- If you could visit one place in the world that is significant to you and/or your Culture , where would you go? Why? What would you do there? What makes this place significant to you and/or your Culture?
- Do some research on your place.
- Write a letter to persuade a friend to go with you, using the amazing information you find out in your research. Talk about at least 3 things you two could do when you get there.
- Be sure to indent and use appropriate punctuation, as well as, transition words and other persuasive techniques

Reflection: Tell someone about the place you chose. Look up two local restaurants, go through the menu, and choose what you would eat there, if and when you go.

8 - Family Tree-Learning about Ancestors Idea

(Approximately 30+ Minutes)

Sharpen Your Skills - Reflection; Cultural Awareness; Research; Collaboration; Graphic organizers; Real-world connections

Influence is the capacity to have an effect on the character, development, or behavior of someone or something, or the effect itself. Learn about your family history and its impact on you today.

- Understanding ourselves, our communities, and our family is extremely important.
- What do you know about your family? For instance, How many generations of your family do you know, where did they live, what they were like, does anyone share names..? What about race, culture, and traditions? What are stories that have been passed down about some of your ancestors? How is your family or how are those around significant to you?
- Interview any family members or others you know to find out answers to the questions above. Use the link to a family tree organizer below to write in the names of family members. If extra space is needed for extra people, just write them in. If you do not have immediate family around, think about those close to you and what makes you a family, use these people to create your own family tree.
- [Family Tree](#)

Reflection: Envision what you would like your future family tree to look like and draw it. Feel free to add any and all potential future loved ones including family, pets, and friends. OR.. Write a letter to yourself in 10 years. Ask yourself questions and give yourself advice about who you would like to become.

9 - Perspective Swap

(Approximately 45+ Minutes)

Skills - Reflection; Real-world connections; Cultural awareness; Compare/Contrast; Use of technology; Graphic organizers; Research; Illustrating ideas; Informative/Descriptive writing

Perspective is the capacity to view things of importance from different points of view. Learn more about perspectives by swapping cultures through this activity.

- Imagine this is how the world works: every person is forced to trade lives with someone from a different culture once a year for a day.
- Choose a culture different from your own that you think it would be interesting to experience for a day. Research the culture as necessary.
- Would you dress differently? What foods would you eat? What customs and traditions are you looking forward to experiencing? Would you need to learn a new language? Are the cultural values the same, or are they different?
- You must also consider the individual who will be swapping with you. What are the things about your culture that they need to know to get the most out of their one day experience? Be sure you let them know what is valued in your culture and what customs and traditions they can look forward to.
- Choose one of the following activities to document your experiences for the day:
 1. Draw a comic strip that highlights the most interesting NEW experiences of your day. Be sure to include dialogue that explains what is happening.
 2. Create a diary entry for the day, explaining in detail, all of your NEW experiences.
 3. Create a video diary that records the highlights of the day.
 4. Draw a [Venn Diagram](#). Compare and contrast a day in your culture with a day in the culture you experienced.
 5. Write a newspaper article that compares and contrasts the two cultures.
- For any activity, be sure you include why you chose to swap with that particular culture and what you have learned from this experience.

Reflection: Draw a circle. Write your name and 'About me' in the middle. Outside of the circle, write words, phrases, items, people, characteristics, and things that represent you and your culture. Review the paper. What stands out to you?

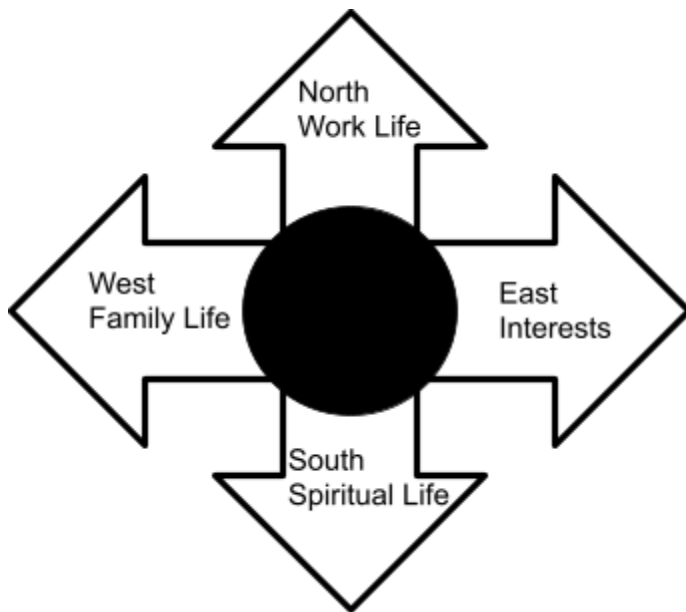
#10 - *Four Directions Idea*

(Approximately 30+ Minutes)

Sharpen Your Skills - Cultural awareness; Personal awareness; Reflection; Cause/Effect; Real-world connections

Culture can be many things: language, community, artifacts, art, rules, rituals, food, ideas, etc. that define a group and how they make meaning and live in the world. Learn more about yourself and your culture by completing this activity.

- Imagine that time has been fast-forwarded ten years. You are happy, calm, and in control of your life.
- Create a compass like the one seen below.



- Imagine that you travel in each direction one at a time and answer the questions that follow.
- When you travel North you are in your work life and you love your job. What do you do? Where are you? Are you inside or outside? Do you work with people or alone? Do you make enough money for your hobbies? Did you need any training or did you have to go to college? Does your boss respect you? Are YOU the boss?
- When you travel east you will visit your interests. What do you do in your spare time? Are you good at it? Do you have friends still from your childhood? Do you enjoy physical activity? Are you in good shape? Do you participate in any cultural activities? What are they?
- When you travel South you are in your spiritual life. What kind of person are you? What do you believe? Are you involved in your community? Have you taught any children or young people your spiritual ways? Do you fast, sweat, sing, or dance? Are you close to nature? Do you care for the earth? Do you care for yourself and your own body?
- When you travel West you will find your family life. Are you married? Do you have children? How many? Are you teaching them the ways of your culture? Are you close to your parents and elders? What matters most to you about your family?

Reflection: What surprised you most about the life you imagined? What are three steps you can take right now to make the life you imagined happen?