

Know Your Higher Self

Integrity



Barry Lane & Colleen Mestdagh

What does it
mean to do the
right thing?

Let's Chat!



- You are on the playground playing with your best friend. Another child comes up and asks, “Can I join?” Your best friend immediately replies, “No”. What do you do?

Let's Chat!



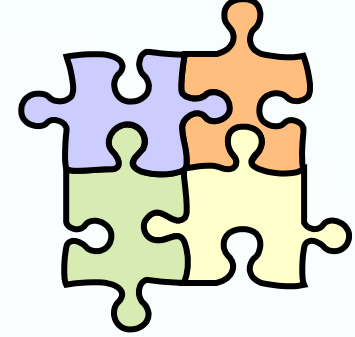
- You are in the lunchroom and you are saving a seat for your friend. Another child comes along and sits down in the place you were saving. What do you do?

Let's Chat!



- You are at home and your younger sibling is always bothering you to play or join in playing with you when your friends are over. You always find this annoying. What do you do?

Connections



- Can you think of a situation where you chose to be kindly when you could have acted meanly?
- Can you think of a time when you acted poorly when you could have been kinder?
- How do you find your higher self in tough situations?
- How do you get that good feeling of control when you are angry or sad?

Soak in the Song!

- Let's just listen to the song, let is soak in!



Know Your Higher Self

I was standing
By the school door
Waiting for the bell
When Roger pushed me over
So hard I fell.
I wanted to just punch him
And make him feel my hurt
But something deep inside of me
Sounded the alert

Chorus

Know your Higher self
Take it off the shelf
Give it room to play
Every single day

Forget about the fight
Reach for what is right
You can Teach yourself to fly
When you want to Cry

One day in the lunchroom
Some friends were laughing loud
about the newest student
and they formed a crowd

I started laughing with them
Then saw how sad he looked.
I turned to him and said hello
Then picked up all his books

Chorus

Know your Higher self
Take it off the shelf
Give it room to play
Every single day

Forget about the fight
Reach for What is right
Teach yourself to fly
When you want to Cry

Forget about the fight
Reach for What is right
Teach yourself to fly
When you want to Cry

Sometimes I don't behave
The best way that I can
Sometimes I am afraid
To lend a helping hand

But then then a little
Voice comes
From somewhere deep inside
And tells me that the best in me
Doesn't have to hide

Chorus

Know your Higher self
Take it off the shelf
Give it room to play
Every single day

Forget about the fight
Reach for what is right
Teach yourself to fly
When you want to Cry

One day I hope the World
Will listen to this song
And all the leaders think about
What's right or wrong.

They'll sit down at a table
And talk about their fears
Without the endless battles
Grumbling on for years.

Chorus

Know your Higher self
Take it off the shelf
Give it room to play
Every single day

Forget about the fight
Reach for what is right
Teach yourself to fly
When you want to Cry

Digging Deeper



Listen for:

- Examples of children being a bully
- Evidence of what the “Higher Self” in the song does
- Images of doing the right thing

Think, Pair, Share



- What is your higher self?
- What does this mean to you?
- What is the song *really* trying to teach us?

EXPANDING VOCABULARY

INTEGRITY:

Doing what you know is right.





Name _____

Know Your Higher Self

In Barry Lane's song "Know Your Higher Self," we learn about making good choices and knowing our "higher self." In the box below, draw what your "higher self" looks like. What is your "higher self" doing?

A large, empty rectangular box with a black border, intended for drawing a representation of one's higher self.

Describe in words, what is your "higher self"?

Wisdom Wall



Joy is an attitude; it is the presence of love - for self and others. It comes from a feeling of inner peace, the ability to give and receive, and appreciation of the self and others. It is a state of gratitude and compassion, a feeling of connection to your higher self.

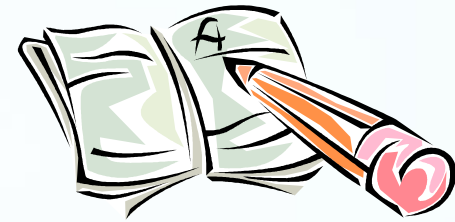
Sanaya Roman

Radical Questions



- What is your higher self?
- How do you know when you are using it?
- How can we help others know their higher self

Paper Ponderings



Non fiction

Can you think of a time when you did or didn't use your higher self. Write about it.

Write an ad for the higher self that will make everybody want to know it.

Fiction

Write about a character who doesn't know his or her higher self. In your story find a way for him or her to find it.

11 minute essay prep

- Think about a book where a character struggles to be a better person. Discuss it with a partner,
- Think of a movie where a character struggles to be their better self.
- Think of a time in your life where you struggled to be your higher self

**Write about the statement.
What does it mean?**

In the book...

in the movie...

in my life...

**Write about the statement
again. One thing you wonder
about.**

***11
minute
essay***