

High School | At Home Learning Activities

Too Good for Violence – Social Perspectives

Lesson 1 Graduation Day - Goal Setting

Home Workout

Initiate a phone conversation with someone from an older generation (your parents' age or older) about his or her goals. Ask them about the goals they set when they were your age. Did they achieve their goals? What steps did they take to achieve their goals? Did their goals change and if so why? What obstacles did they encounter while reaching their goals? How did they overcome these obstacles? Write an essay that compares their goals, the steps they took, and the obstacles they faced with your goals, the steps you plan to take, and the obstacles you may face.

Into Action

Think of a college you would like to attend or a career you hope to attain. Research the necessary requirements for admission to the college or the prerequisites to starting your career. Then, make an outline of the steps you will need to take to reach your college entrance or career goal.

Home Workout

You will be graduating from high school in the next few years. What will you do next? Spend some time in Step 2 of the decision-making model: Think. Make a list of all your possible choices. Then, list several positive and negative consequences for each choice. State how this decision could affect your future. Think about who or what is influencing your decision. Finally, talk with your family and friends to find out how your decision will affect them. Can they offer you any information to help you make your decision? Can anyone suggest other choices and/or consequences you didn't think about?

Into Action

The United States Supreme Court makes landmark decisions that often change the course of history. For example, *Brown v. the Board of Education* launched the civil rights movement. Research a court case that had a significant impact on the law or social constructs of our nation. Write a brief essay summarizing the background on the case, what the court decided, and how the decision has influenced us today. Also consider how our society would be different if the court handed down a different verdict.

Home Workout

Music has the power to evoke strong emotions in people. But does it evoke the same emotion for everyone? Create a compilation of different styles or genres of music. Next, ask several of your family members and/or friends to assist you with an activity. Give each participant a piece of paper and a pen or pencil. Play your compilation for your friends/ family. As they listen to the music, ask everyone to think about and write down the emotion they feel when listening to each song. After all of the songs are played, ask participants to reveal their emotions for each style of music. Did everyone feel the same emotion? Why do you think each song triggered the emotions it did? How can you use music to manage your emotions effectively?

Into Action

Choose an emotion and paint a picture of that emotion. Use color and form to evoke in the viewer the same emotion you wish to express. Take into consideration the components of your painting. How might jagged lines differ from curved lines in expression? How can color express your emotion and garner the same emotion in the viewer? Subtle choices can help you effectively illustrate the emotion you wish to convey.

Lesson 4 Say What You Mean, Mean What You Say

Effective Communication

Home Workout

Use the characteristics of passive, aggressive, and assertive communicators, to evaluate your family and friends. Make a list of your immediate family members and closest friends and identify what type of communicators they are. How do you know? What verbal and nonverbal characteristics do each of them use that support your assessment? How will your understanding of their communication style change the way you communicate with them? Share your evaluation with each of them to find out if they agree.

Home Workout

Have a conversation with one or more of the adults in your life. Ask them to list your five best friends on a piece of paper. At the same time, you list your five best friends on a separate sheet of paper. Compare notes. Are the lists the same? If the lists are different, talk about the differences and possible reasons for those differences. Next, ask the adult(s) to list their five best friends and you see if you can list their five best friends. Again, compare notes and discuss the differences.

Home Workout

Initiate a conversation with someone from an older generation (your parents' age or older) about self-respect. Ask them how they define self-respect. What do they believe is the cost of low self-respect or low self-esteem? Who benefits when someone has low self-esteem? Ask them to describe specific ways a person could build their self-respect. Write a short essay that compares their ideas about self-respect with your generation's ideas about self-respect.

Into Action

Create a recipe card that lists the qualities you need in order to have self-respect or respect for others. The ingredients you need the most of should be at the top of the list and the ingredients you need the least of should be at the bottom of the list.

Example: My Favorite Recipe for Self Respect

INGREDIENTS

- 2 cups integrity
- 1 cup confidence
- ½ cup love
- 1 tsp honesty
- ¼ tsp kindness

PREPARATION

Mix the integrity, confidence, and love. You'll start to feel great about yourself immediately!

Throw in a dash of honesty and sprinkle in some kindness, and you'll notice others will respect you too!

Home Workout

With your family, make a plan for resolving conflicts at home. Use the strategies we discussed in class and add others that work well for your family. If you have younger siblings, this is a good project to share with them. Maybe there is a conflict about chores, curfew, family time, or other things you have different viewpoints on. Make an envelope or a box and title it “Unresolved Conflicts.” Encourage family members to write a conflict on a piece of paper that they would like to resolve and place it in the envelope. Schedule a time to meet with your family every day to select a conflict from the envelope. Use your plan for resolving conflicts to find a solution.

Into Action

Read a local news report about a conflict between two individuals or groups of people in your community. Diagram the conflict to show how it escalated. If the conflict ended in violence, brainstorm ways that one or both sides could have turned the conflict around before it became violent.

Home Workout

Everyone feels stress, even adults! Find out from your parents or caregivers what physical signs they experience when they are stressed. Ask them which stress management techniques work for them, and ask what you and other family members can do to support them when they are feeling stressed.

Into Action

What does your life look like when you're in balance? Create a chart to show what your life is like when you feel balanced. Draw a diagram with 5-8 interlocking circles. Make each circle a different category like mental, physical, emotional, social, family, spiritual, or community. Then write a few words in each circle to describe what that part of your life looks and feels like when it's balanced. For example, when your physical life is balanced, you may feel full of energy, healthy, or strong. The words you write in your balance chart are reminders to help you live the life you want. Create a new chart every six months to make sure you are on the right track to minimizing stress and maximizing life.



Home Workout

Talk with your parent(s) or caregiver(s). Have each person list their top five current relationships and the qualities that make them work well. For example, does the other person in the relationship believe in you, encourage you, or trust you? Then see if your parent(s) or caregiver(s) can guess the five relationships you chose, and vice versa. Compare your lists. Are they the same? Did you notice similar qualities in your top relationships? If the lists are different, talk about the differences and possible reasons.

Home Workout

Review your most recent online posts. What would the hashtags or captions on these posts say if they accurately reflected your life? What would they say if you didn't feel the pressure to post something epic? Or if your entire identity wasn't ruled by likes? Write a short essay titled "Caption Obvious" answering the questions above. Be sure to include a couple of captions or hashtags that would reflect your life if it was less "staged" for social media.

Into Action

Go on a "social media fast." This is a fast like any other, but in this case, you're giving up social media. Don't worry. You don't have to give up your online identity forever. Start with one day, like a screen-free Sunday. The goal is to help you be more proactive and less reactive to what people are posting online. This is not an easy challenge. Social media is designed to incentivize you to keep clicking and ultimately distract you from your priorities and goals. So take a day to detox and feel how relaxing it is to be in the moment without the pressure of posting about it.