



# Self-Discovery Unit

## Ninety (90) Minute Lessons



<b>Date</b>	<b>Duration: 90 minutes</b>
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### Lesson 1 – GLAM SQUAD Program Introduction

**Objective/Culminating Activity: GLAMs will participate in the Mirror Activity**

- Materials:**
- 1) GLAM Tiara Check-In Chart
  - 2) GLAM Code Rules
  - 3) Read Aloud: The Reflection In Me by Marc ColaGiovanni
  - 4) Independent Writing Activity: Unmasking the Real You – Mirror Activity
  - 5) GLAM SQUAD Affirmation
  - 6) GLAM Notebooks
  - 7) Hand-Held Mirrors
  - 8) Pencils
  - 9) Markers
  - 10) Crayons and/or Colored Pencils
  - 11) PowerPoint Slides
- \*See page 4 in the GLAM SQUAD Resource Guide**

**GLAM Tiara Check-in: (5 min.)**

- (5) GLAM
- (4) Great
- (3) Good
- (2) Getting Better
- (1) Glum



1) Mentor will display a GLAM Tiara Check-In Chart

2) Each GLAM will look at the Tiara Check-In Chart and state, on a scale of 1 (GLUM) to 5 (GLAM), how they are feeling today.

3) If GLAMs share a number that is “2” or below, Mentor is suggested to ask a follow-up question and ask why they are feeling this way.

### Motivational Message/Roundtable Discussion – (15 min.) – What is GLAM?

- Mentor will facilitate the following discussion as the GLAMs are seated in circle formation:
- 1) Ask GLAMs “What does the word “Glam” mean to you?”
  - 2) Encourage responses from GLAMs and records those answers using easel or chart paper or a PowerPoint slide
  - 3) Mentor explains that “GLAM” stands for **Girls Leadership and Mentorship** Program.
  - 4) Mentor also explains that “a GLAM leader is someone who is able to guide a group of people through difficult or challenging situations by bringing out the best in those around her.”
  - 5) Mentor also explains “a GLAM mentor is someone who is experienced and willingly trains and advises others in areas that they know a lot about.”
  - 6) Mentor shares, “GLAMs will learn leadership skills, with the support of their mentors as they will support and encourage each other. GLAM SQUAD aims to show your beauty “both inside and out through three components of



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the program (i.e., Self-Identity; Self-Discovery; and Self-Empowerment) – which will be explored throughout their time in the program.”

- 7) Mentor adds, “This year, you will learn about the second phase of the GLAM SQUAD Program which is Self-Discovery.
- 8) Mentor asks, “Can anyone tell me, in your own words, what do you think the words ‘self-discovery’ means?”
- 9) Encourage GLAMs to share their responses to the question using examples.
- 10) Mentor shares, “Self-discovery is the process of gaining knowledge or understanding of your abilities, character, and feelings. These lessons will explore various careers and professions.”
- 11) Mentor adds, “In the future, there may be times where you will acquire more than one profession.”
- 12) Mentor will share her experiences on this topic.

### Cooperative Learning Activity (5 min): Recite the GLAM SQUAD Affirmation

1. Mentor shares, “An affirmation is a series of words or phrases that motivate, inspire, and encourage people to realize their goals.”
2. Mentor will display and read aloud the GLAM SQUAD Affirmation:

**“I AM A GLAM Star!  
I will sparkle with ideas.  
I will help others shine.”**
3. Mentor will ask for the GLAM SQUAD to recite the affirmation.
4. Mentor will then ask, “How does the affirmation make you feel?”
5. Encourage GLAMs to share their thoughts with explanations (popcorn share allowing the first two or three GLAMs to share their own responses).
6. Mentor adds, “You will recite this affirmation at the beginning of every GLAM SQUAD session.”

### Cooperative Learning Activity (20 min): Developing the GLAM SQUAD Code

Mentor will facilitate the following activity with the GLAMs as they are seated in circle formation:

- 1) Mentor explains that for us to meet as a GLAM SQUAD, it is important that we **ALL** come up with an agreement of how we are going to work with each other respectfully in this space so that we **ALL** feel comfortable and safe.
- 2) Mentor will say, “I would like for us **ALL** to brainstorm and/or popcorn ideas and thoughts for creating a GLAM Code for our program. This is a code that we will **ALL** follow during every meeting.”
- 3) Model thinking aloud about a contribution to add to the code list and write it down on chart paper
- 4) Encourage GLAMs to share their ideas by also adding to the charted list (write down **ALL** their responses).

Suggested Ideas for the GLAM Code that the mentor can share with GLAMs as examples:

- This is a safe space and positive environment
- One mic...One Voice
- Listen respectfully as we each share our own thoughts and ideas
- Let your creativity shine
- Your presence matters



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### Mini-Lesson: Read Aloud – The Reflection In Me by Marc ColaGiovanni – (20 Min.)

Mentor will facilitate the following with the GLAMs as they are seated in circle formation:



- 1) Mentor will state, “Today, we will listen to a story entitled “The Reflection In Me” by Marc ColaGiovanni. Before we watch the video, I want to review a few vocabulary words.”
- 2) Vocabulary Words:
  - Astonished – Surprised
  - Gazed – looked intently at while in thought
  - Marvelous – extremely good or pleasing
  - Magnificent – impressive, good, excellent
  - Brilliant – very bright
  - Outstanding – exceptionally good
  - Unison – to do something at the same time
- 3) Mentor and GLAM SQUAD will watch the video. <https://www.youtube.com/watch?v=D9OOXCu5XMg>
- 4) After the video, Mentor will ask the GLAM SQUAD the following questions:
  - a) How did the character feel “before” and “after” looking at herself in the mirror?
  - b) What do you notice about these words? What do they have in common?
  - c) How did the words, “Marvelous, Magnificent, Brilliant, etc.” affect the character’s self-esteem or feelings about herself? Explain.
  - d) What do you think the girl’s self-esteem would have been like if her reflection used words like “Ugly, Silly, Slow,” etc. to describe her? Explain.
- 5) Encourage GLAMs to share examples from the video with explanations (popcorn share allowing the first two or three GLAMs to share their own responses).

### Independent Activity (20 min): Mirror Activity – Unmasking the Real You

Mentor will facilitate the following activity with the GLAMs as they are seated at their individual seats:

- 1) Mentor will state to the GLAM SQUAD, “After watching the video, I want you to ask yourself, What do you see when you look in the mirror?”
- 2) Mentor will model or use a pre-made self-portrait to talk positively about herself using examples such as: unique, smart, funny, etc., but also mention that she nor her self-portrait is perfect and that is okay to admit but still loving herself. Mentor can also show other examples of student-made portraits to support GLAMs feeling comfortable in this drawing process.
- 3) Mentor adds, “You will receive a mirror activity worksheet, along with a hand-held mirror, where you will draw a self-portrait and write adjectives to describe yourself that surround the portrait.”
- 4) Mentor will provide all GLAMs with the mirror worksheet and mirror.
- 5) After distributing and explaining the activity, Mentor will give GLAMs 15 minutes to complete and decorate the graphic organizer.
- 6) Mentor will allow 5 minutes for GLAMs to share their work with the GLAM SQUAD.
- 7) Mentor will facilitate the following with the GLAMs as they are seated in the circle formation.
- 8) Mentor will allow GLAMs to share out “popcorn” style or by “Go Round” (where each person shares if they choose by going around the circle in order starting to the left or right of you first).



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### Final Share Out – (5 min.) Exit Ticket - GLAM SQUAD Lesson Survey

Mentor will facilitate the following with the GLAMs as they are seated with their laptop computers.

- 1) Mentor shares, “It is important that your voices are heard and that your opinion matters. At the end of each lesson, you will have an opportunity to complete a Google Form and give your feedback on the lesson (i.e., likes, dislikes, and your suggestions on how to make the lesson better).”
- 2) Mentor will assist GLAMs to log on to the following link and will provide GLAMs 5 minutes to complete the Exit Ticket survey on today’s lesson:

[https://docs.google.com/forms/d/e/1FAIpQLSfCEkblLrmpvACG-JdW9gzefi09jUvHT\\_EyUxytekHwDSjtfA/viewform?usp=pp\\_url](https://docs.google.com/forms/d/e/1FAIpQLSfCEkblLrmpvACG-JdW9gzefi09jUvHT_EyUxytekHwDSjtfA/viewform?usp=pp_url)

***Mentor will share pictures and feedback with Program Director, Yvette Padilla, using the GLAM SQUAD Google Classroom School Community platform.***

