

Inner and Outer Selves Box

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Grade Level: 6-12 (all grade levels with adaptations)

Overview: Students will reflect and write about their outer and inner selves.

Materials: Magazine, construction paper, glue, crayons/markers and a shoe box.

Time: Varies. This could be given as a warm up activity during the start of class, as a part of a mini-lesson or as an in-class assignment.

Instructional Sequence:

1. Students will bring in and decorate a cardboard box on the outside and inside.
2. Ask the students to decorate the outside of their boxes with words and pictures that can be used to represent what people might be able to see about them from the outside. The outside box can focus on revealing things about themselves using picture, words, advertisements etc. Basic suggestions for outside topics: student's interest, hobbies, talents, physical appearance, language, future hopes and aspirations.
3. In the inside of the box students will place three (or more) artifacts that can be used to describe something personal about their inner selves that few people get to see.
4. Students can pair up with a partner and discuss the outside of the box. They can explain why they decided to decorate the outside the way that they did.
5. Invite students to choose one item and write about its importance and explain why they chose to include it in the inner box.
6. Students can continue to write about each of the items placed inside of the box each day as a warm up activity or it can be done as a writing assignment that last longer.

Comments & Extension: Teachers can create a box and write about the items placed in their inner box. This is a wonderful opportunity to connect with their students while learning. Extend this lesson by asking students to create boxes that has pictures, words and/or phrases that depict important themes from any unit that is being studied. They can also they can place important artifacts require a detailed explanation in the inner box and write about them.