

# tell your story

Here are ideas and curated resources for further exploration of the “Tell Your Story” theme. These can be integrated into home, school, virtual or core-curriculum-based lesson planning.

They are intended to amplify the themes from the videos, facilitating experiential curriculum customizable to any grade, subject or level.

The learning objectives in the “Tell Your Story” series include: to introduce the concept of “purpose” and promote critical thinking and reflection about how our story and purpose connect; to reflect upon the roles of culture, values, priorities, and well-being in our own personal story; to develop and analyze our own self-awareness regarding our goals and how our goals and values inform our purpose; to facilitate metacognition about our story and purpose.

## prompts for further exploration

“Tell Your Story” videos are meant to stimulate reflection and discussion about how we explore and connect to our life’s purpose and passions - *what really, truly matters to us.*

- What are the ways we tell our stories? How is that tied to our culture?
- Do we only have one story to tell?
- How does exploring what matters to us connect to being healthy?
- How do we feel when we’re deeply connected to what matters in life?
- What does it mean to live “a good life” or to be a “good person”?
- What’s most important to you in your life? Why is it important to you?
- Do you think what matters to you will change as you get older?
- Do you have any long-term goals? Why do they matter to you?
- If you were looking back on your life at the age of 80 years old, how would you want people to remember you?



# Resources for Further Exploration

learn more

## **Greater Good: “Talk with Teens about Purpose”**

Project to help adolescents start exploring and reflecting on meaningful life goals

learn more

## **Edutopia Project: Every Kid Has a Story to Tell**

Video project to help students hone their multimedia storytelling skills, while developing greater self-awareness and empathy for their peers

learn more

## **The Purpose Challenge toolkit**

Free toolkit with activities to provide an opportunity for students to consider values, formulate goals, and grow in purposefulness

learn more

## **Project Wayfinder: Adolescent Education Reimagined to Foster Belonging and Develop Lives of Purpose**

Created by Patrick Cook-Deegan (Stanford d-school, Brown University Social Innovation Initiative), Project Wayfinder offers a variety of resources (some paid, some free) including toolkits and trainings for educators

learn more

## **KQED: How Schools Can Help Students Develop A Greater Sense Of Purpose**

William Damon (Director of the Stanford Center on Adolescence, Professor of Education at Stanford University, author of *The Path to Purpose: How Young People Find Their Calling in Life*) and other experts offer teachers and school leaders practical steps to assist students to find purpose

learn more

## **Reading, Writing, and Purpose: Why We Should Teach Kids Meaning at School**

Conversation between Scott Barry Kaufman (cognitive psychologist at the University of Pennsylvania, the scientific director of The Imagination Institute, and the author of *Ungifted* and *Wired to Create*) and Emily Esfahani Smith (author of *The Power of Meaning: Crafting a Life That Matters*)

learn more

## **WholeHealthED**

Compilation of best practice resources for whole health education



Whole Health Institute

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