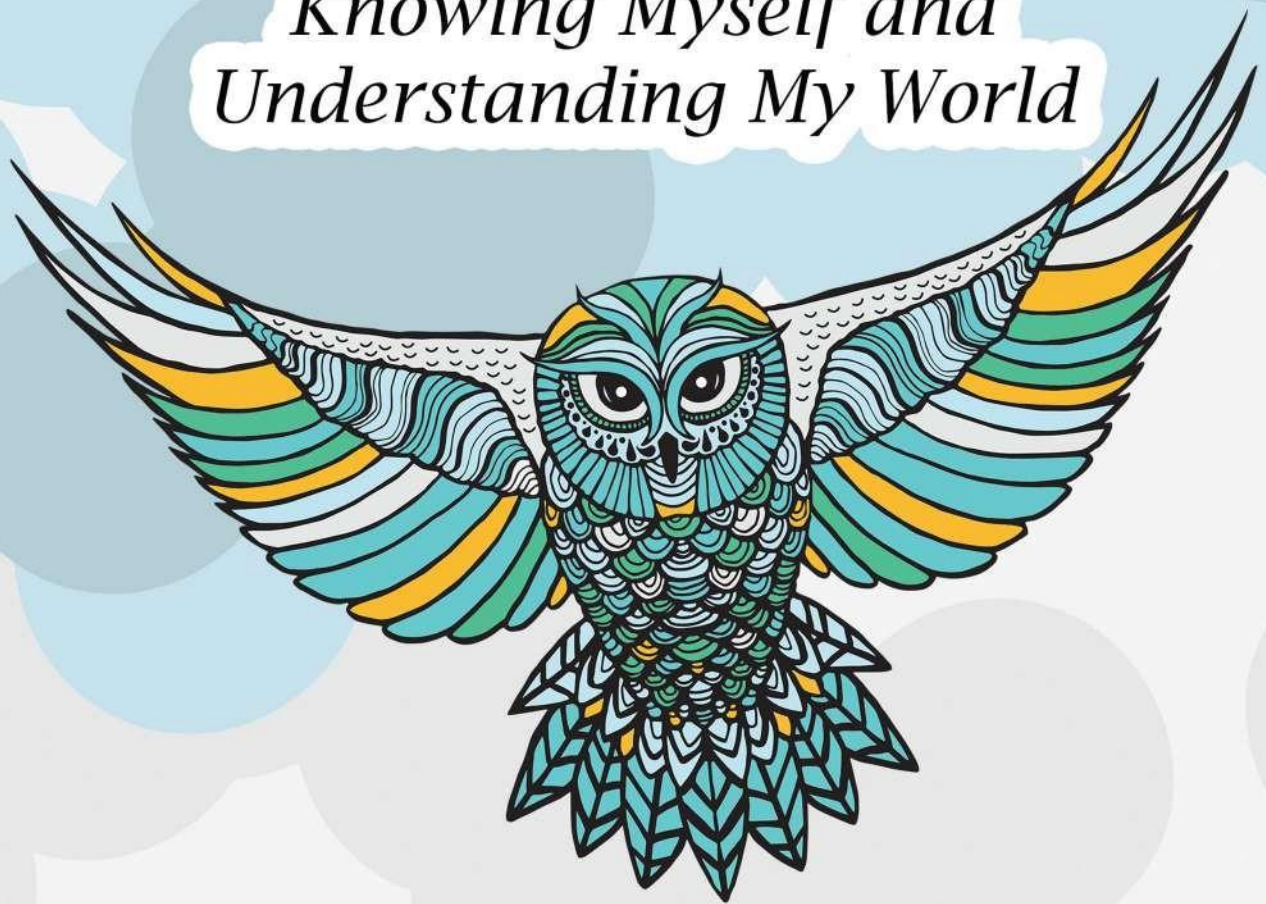


My Guide Inside

(Book II)

Teacher's Manual: Intermediate

*Knowing Myself and
Understanding My World*



Christa Campsall
with
Kathy Marshall Emerson

Lesson Plan Chapter 2

Knowing the Most Wonderful Gift Ever



Start with Orientation: Find Your Bearings

Learners discover everyone has the “gift of thought” and the ability to choose which thought to use. Our *Guide Inside*, common sense or wisdom, helps us decide. Thoughts create feelings. We naturally act on thoughts that produce happiness and security. Students try out happy and fearful thoughts. Milind helps his little brother stop scaring himself with bedtime monster and dragon thoughts! It is natural to outgrow ideas as we develop and experience knowing that feelings are created by thoughts. “Opposite Day” and other activities offer a chance to see how thought works. Power Words are used in journal entries about choice.

This chapter focuses on the “gift of thought” which produces all feelings. Each person has self-determination and a natural self-regulation power to choose and use ideas, or drop a thought like a hot potato! Our Guide Inside helps us make responsible choices that lead to personal well-being.

Lesson Aims

Chapter 2 aims for learners to:

- increase an understanding of principles by discovering
 - thoughts create feelings
 - common sense in seeing choice
 - choice in deciding which thought to use
- gain awareness of self-determination and of natural self-regulation
- invigorate “knowing myself and understanding my world” through discussion
- enhance language development
- develop reading strategies
- experience creativity with personal writing and art

Learning Opportunities

Chapter 2 is designed to encourage learners to:

- gain an understanding of the principles in terms of
 - connecting with inner wisdom
 - experiencing the causal relationship of thought to feeling
 - reflecting on personal development using memories and experiences
- develop language through listening, speaking, reading, writing

Learning Outcomes

At the end of Chapter 2, learners will show skills and knowledge through:

- an understanding of the principles when
 - listening to their Guide Inside
 - reflecting and reporting on making choices using common sense
 - showing self-determination and natural self-regulation
- participating by listening
- solving a riddle
- communicating creatively and expressively through speaking, writing and art
- discussing and writing about the big picture idea:

You have the gift of thought to use as you choose.

Imagine that!

Key Objectives Reminder

Every chapter has two broad learning objectives: Personal Well-being Awareness and Responsibility. With the special focus of Chapter 2, what do the students tell you they have discovered?

Activities

Use Evaluation Rating Scales for art activity, discussion, reflective journal entry, and written output.

Special Resource

Play Dough

***“My Guide Inside Teacher’s Manual offers solid, flexible and creative teacher support.
It includes up-to-date resources in the context of educational guidelines.
The manual is of high quality and has practical value.”***

Gerri Charlton, Teacher, Gulf Islands School District
Salt Spring Island, BC, CA

With this *Book II Teacher’s Manual*, *My Guide Inside (MGI)* intermediate curriculum is easy to present! Teachers see *MGI* as great value and a brilliant resource. It offers a flexible framework to fit an already full school schedule. The manual is loaded with ideas, including Digital Media, and references clear, direct ties to curriculum guidelines and core competencies in multiple countries. Lessons are logically organized; there is no need for additional planning.

The principles discussed in the *MGI* comprehensive curriculum operate in all people, including students of every age. Therefore, all lessons in *MGI* Books I, II, and III share two globally appropriate academic objectives to:

- **Enhance Personal Well-being with an understanding of these principles, and**
- **Develop competencies in Communication, Thinking, Personal and Social Responsibility.**

Discovering their *Guide Inside* is key to learning and enhances students’ ability to make decisions, navigate life and build healthy relationships. *Accessing this inner guide increases well-being, spiritual wellness, personal and social responsibility, and positive personal and cultural identity. Social and Emotional Learning, including self-determination, self-regulation and self-efficacy, are also natural outcomes of greater personal awareness.*

MGI is designed for all learners and meets additional requirements for English Language Arts, Personal, Social and Health Education and more. Curriculum guidelines from Canada, the United Kingdom and the United States are referenced.

MGI is a comprehensive Pre-K-12 story-based curriculum covering developmentally appropriate topics in an ongoing process of learning throughout the entire school career. As a teacher, you choose the level of *My Guide Inside* that is just right for students in your particular school system: Book I (introduction, primary), Book II (continuation, intermediate) and Book III (advanced, secondary). There are separate *Teacher Manuals* for each. School leaders will be able to chart a continuous instructional plan to share the Three Principles with students as they move through the grades.

***“I am thrilled that this curriculum will be seen and experienced by so many!
This understanding has the power to change education
and the school experience on a global scale!”***

Christina G. Puccio, Mentor Teacher/Coach
PS 536, Bronx, NY