

Looking At Myself

Students create a book that records their
feelings, goals, and values

Level - Grade 6-8



Originated by Linda Heitzinger

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We followed a planned unit guide of about 20 lessons of 45 minutes each. We worked on this unit daily for about five weeks and followed a plan where each page had a specific concept that was discussed and written about:

Page	Topic
1	Title Page
2-3	Table of Contents
4	Self Portrait (pencil sketch - full page)
5	Photos (of self with family or alone)
6	Personal Data Sheet (Birth information, age, eye & hair color, parents, etc.)
7	I Am Most Proud of... My Short Term Goals
8	What I Enjoy or Do Well (can be done in semantic mapping form or written out)
9	Heros in My Life or a Special Person
10	My Long Term Goals
11	My Best Accomplishments
12	Things I Like About Myself I Feel Good About Myself When...
13	Why Others Should Feel Good About Me Words That Best Describe Me
14	In My Free Time I Like... Unusual Experiences I Have Had...
15	Songs I Like Books I've Read
16	My Favorite TV Programs
17	My Dreams Are...
18	The Most Remarkable Day or Event in My Life
19	Elementary School Memories
20	Memories of This Year
21-22	If I Were a Building, Athlete, Appliance, Car, Book (write a paragraph about each)
23-25	My Story (Biography)
26	Dedication
27-28	Space for notes from friends

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