

Facilitator Guide

Class 3: The Power of Your Voice



Class 3

The Power of Your Voice











Objectives

- Design a life tree
- Develop an understanding about life experiences and who you are

Materials Needed

- Post-it notes
- Chart paper
- Markers / colored pencils
- Paper and electronic version of the Life Tree
- Student workbooks (electronic or hard copy depending on the student's need)



Icon Legend		Allow extra time for people who use augmentative communication		Walk around and make sure participants are prepared to share. Provide support if needed
		Encourage participants to speak for themselves, but utilize support from a peer or support person as needed for success		Use speech to text technology (and other Assistive Technology) as needed for writing
		Read the slide out loud		Provide support to share answers and ideas
		Project the discussion questions on the slide show for all to read and leave them up during the discussion		Give the choice to write or draw
		Make sure there is someone available to scribe for those who need support writing		Use a scaffolding structure*

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Slide #2

Time Estimation: 10 min

Ask participants to open their workbook to the big idea page from last week. Ask them to review what they wrote and share with people at their table.



**Recap:
Last Week's
Big Ideas**

Open your workbook to the big ideas you wanted to remember from last week.

Take a moment to reflect and talk to those around you.

2 speakup

This slide features a lightbulb icon at the top right, a large teal circle containing a yellow lightbulb icon and a partial image of a woman's face, and several smaller colored circles (yellow, purple, blue) with icons of a lightbulb and a ladder. The 'speakup' logo is in the bottom left corner.

Slide #3 & 4

Time Estimation: 20 min

Introduce the format for the class and let them know that today they will have a series of short videos and activities that will help them reflect on their life experiences and who they are. This leads to a stronger understanding of self and the ability to advocate for oneself.

Let them know that they will start by watching Kerrie Joy perform a poem called, Surfaced.

Play the video and ask them to talk about their reactions and thoughts after the video. You can have them talk whole group or at their tables.



**Introducing,
Kerrie Joy**

Kerrie Joy is a Denver, CO based poet, singer, educator, brand manager and community organizer.

This slide features a large circular portrait of Kerrie Joy on the left and a dark blue background with white text on the right. There are several colored circles (teal, yellow, purple) on the left side. The 'speakup' logo is in the bottom left corner.



**The Power
of Your Voice**

Video Link

4 speakup

This slide features a video player showing Kerrie Joy performing in front of a whiteboard. To the right of the video is a speaker icon with the word 'POWER' written vertically on it. The 'speakup' logo is in the bottom left corner.

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Slide #5

Time Estimation: 15 min

Share the main ideas of Kerrie Joy's message by reading slide 6 and asking participants to open their workbooks to page 13.

Ask them to reflect on their ideas through writing, dictating, or drawing.

Let them know they can share with a neighbor when they are finished.

Slide #6-8

Time Estimation: 10 min

Tell the participants they will be creating a Life Tree. Read the purpose on slide 6

Share the examples on slides 6 & 7

Tell them they can look over the parts of the tree they will be creating by looking at their workbook. These pages have the questions and ideas they will be considering.

Let them know that their workbook pages can be used to brainstorm their ideas before writing them on their tree.

Have them watch the video on slide 8

Self Advocacy Reflection:

How do you see this at work in your life?

Self Advocacy is:

- Standing up for yourself
- Speaking up for yourself
- Identifying who you are



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Creating a Life Tree

Purpose:

Self Advocacy begins with knowledge of self. We will work to create a Life Tree that will give you the opportunity to reflect and learn about who you are. It is a visual symbol that represents your life and the various elements that make it up--past, present, and future.



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Creating a Life Tree



As everyone is getting their life tree activity handout.

Video Link

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Slide #9

Time Estimation: 15 min

Pass out blank paper and colored pencils or markers and ask them to draw a tree. Refer to the elements on slide 9 that must be included in the tree.

Give everyone time to draw their tree. Participants may also use the computer or tablet to draw a tree or label and add detail to a pre-drawn tree.

Draw your life tree

By labeling these parts you not only begin to discover (or perhaps rediscover) aspects of yourself shaped by the past, but you can then begin to actively cultivate your tree to reflect the kind of person you want to be moving forward.

- Roots
- Ground
- Trunk
- Branches
- Flowers and leaves
- Flowers and seeds in or on the ground



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Slide #10

Time Estimation: 10 min

Let them know that they will be writing about themselves and using the tree as a place to tell their story. Share that they will be starting with the branches and leaves.

Watch the video on slide 10.

Identifying your Branches & Leaves



with the branches and leaves, all right?

Video Link:

10 

Slide #11

Time Estimation: 10 min

Show the directions on slide 11. Ask the participants to write about themselves on their branches and leaves.

They can share with the whole group or at their table when they are finished.

Draw your Branches & Leaves


Leaves:


Represent the way the world sees you:

- Person that you present to the world
- Title like a student or employee or your title,
- Everything you present to the world

Branches:

- How you see yourself
- How you hope to see yourself in the future
- how do you hope the world sees you



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Slide #12 & 13

Time Estimation: 10 min

Tell them they will move onto the Trunk now. Ask them to watch the video on slide 12.

After, have them write their core beliefs or values on the trunk of their life tree.

They can share with the whole group or at their table when they are finished.

Identifying your tree trunk

Video Link: [speakup](#)

Draw your tree trunk

Identifying your values or core beliefs

Video Link: [speakup](#)

Slide #14 - 15

Time Estimation: 10 min

Tell them they will move onto the Roots now. Ask them to watch the video on slide 14.

Show slide 15 to remind the participants about the main focus for the Roots. Ask them to write their core beliefs or values on the trunk of their life tree.

They can share with the whole group or at their table when they are finished.

Identifying your roots

Video Link: [speakup](#)

Draw your roots

The Roots:

- Where you come from
- Where everything starts
- Your life story
- What informed who you are

Examples:

- Where you were born
- Your parents
- What your environment looked like growing up

Video Link: [speakup](#)

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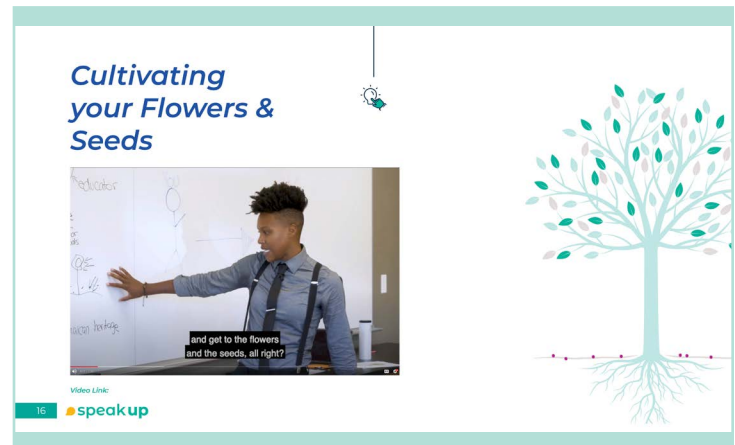
Slide #16-17

Time Estimation: 10 min

Let the participants know that they will move onto the Flowers and Seeds now. Ask them to watch the video on slide 16.


Show slide 17 to remind the participants about the main focus for the Flowers and Seeds. Ask them to write their core beliefs or values on the trunk of their life tree.

They can share with the whole group or at their table when they are finished.

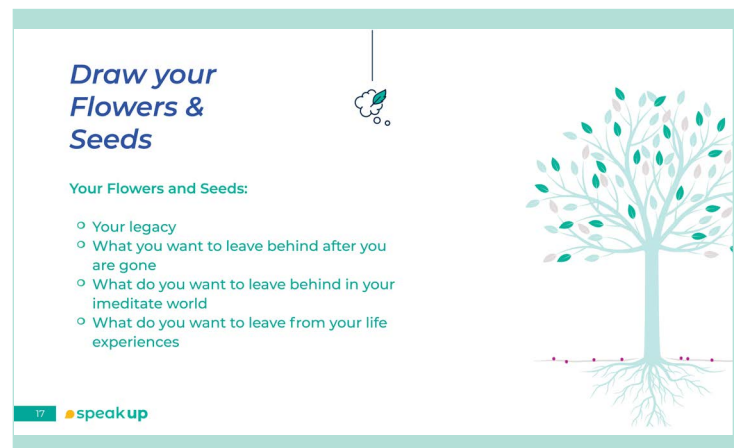


Cultivating your Flowers & Seeds

and get to the flowers and the seeds, all right?

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This slide features a video of a man pointing at a whiteboard. To the right is a stylized tree with leaves that are small flowers and seeds. A lightbulb icon is in the top right corner.



Draw your Flowers & Seeds

Your Flowers and Seeds:

- Your legacy
- What you want to leave behind after you are gone
- What do you want to leave behind in your imeditate world
- What do you want to leave from your life experiences

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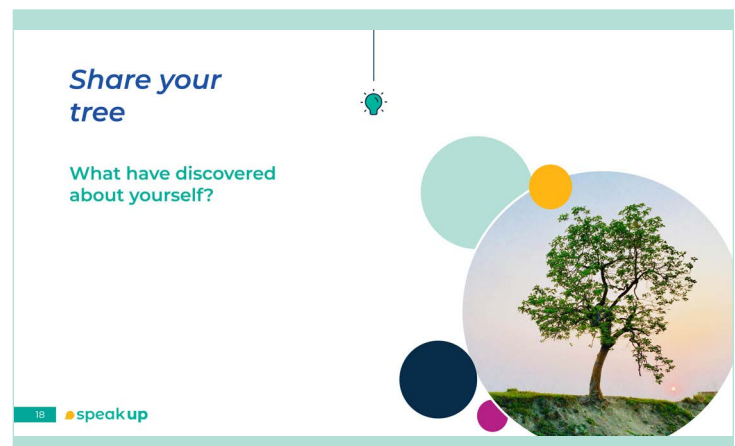
This slide features a list of prompts for drawing a life tree. To the right is a stylized tree with leaves that are small flowers and seeds. A lightbulb icon is in the top right corner.

Slide #18

Time Estimation: 10 min


Let everyone know they will have a chance to share their tree and what they have discovered about themselves.

You can choose to have the group share with each other before showing the video of other participants sharing or show the video first and then have your group share.



Share your tree

What have discovered about yourself?

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This slide features a photograph of a real tree in a landscape, surrounded by colorful circles. A lightbulb icon is in the top right corner.

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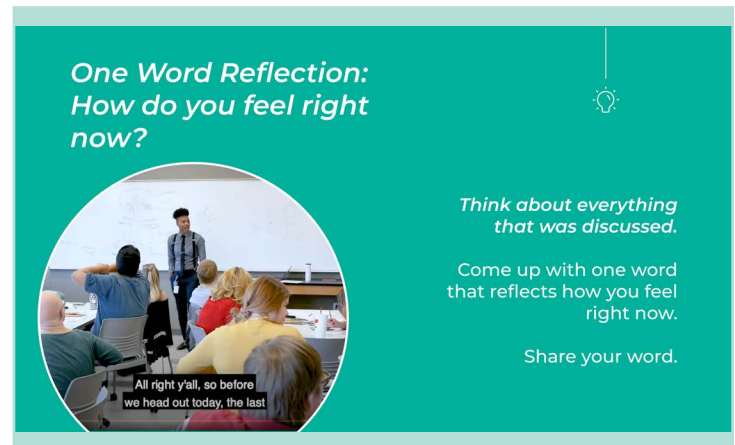
Slide #19

Time Estimation: 10 min

Close the discussion and class session with the In a word activity.

- Ask the participants to think about everything that was discussed.
- Tell them to come up with one word to describe the day.
- Have them go around and each share their one word.
- Thank them for coming.

You can share the video model before your group shares or after.



One Word Reflection:
How do you feel right now?

Think about everything that was discussed.

Come up with one word that reflects how you feel right now.

Share your word.

Slide #20

Time Estimation: 10 min

Ask them to talk about key ideas that were discussed today and record them in their workbook. Let them know they can write anything they want to remember.



Big Ideas From Today

What Do I Want to Remember?

Write at least three big ideas in your workbook.

Add details that will help you remember important information.