



MONTH ONE - DISCOVERY OF SELF Sample Lesson plans
(Back Page links all will be active by Oct 5)

- [Discovery of Self – Schools](#)
- [DoS - Measurement Tool](#)
- [DoS - Testimonials](#)

MONTH 1/ WEEK 1 - Mind and Human Capacity

Purpose: Explore the nature of human capacity and the mind
Core Principle: We use only a small percentage of our brain/mind capacity
Key Concepts:

- * Examples of enormity human capacity
- * Difference between mind and brain, matter and energy
- * Difference between physical self and mental/emotional self

This week we'll explore "What is possible"

Materials:

- * Plug-in lamp
- * The book *No Excuses* by Kyle Maynard, born with nothing below his elbows or knees

Step by step:

1. Discuss what 10% of students' height would be, 10% of weight, strength. *Class discussion for 1-5*
2. What is the range of human capacities?
3. Imagine if you could use "the other 90%" for math, sports, health or creativity?
4. Is there a difference between a lamp or bulb and the light? Is there a difference between body or brain and mind?
5. Is there a difference between your physical self and your mental/emotional self?

Homework: Write a paragraph outlining two ways your life could be better if you used more of your brain/mind capacity

MONTH 1/WEEK 2 - The Power of Dreams and Daydreams

Purpose: Explore nature of dreams/daydreams and how they can help you develop your capacities.
Core Principle: Dreams really can come true
Key Concepts:

- * Dreams and breakthroughs in science, music, life
- * Dreams and problem solving
- * Dreams that actually happen later in "real life"

This week we'll explore how dreams fit into - and can help - everyday life

Materials:

- * Discovery of Self workbook
- * Crayons or colored pencils, paper (for a daydream drawing activity)

**Step by Step:**

1. Review homework
2. Examples of discoveries and breakthroughs that came from dreams; examples of dreams that happened later or helped solve a problem.
3. Have any students had dreams that happened later? *Class discussion*
4. Explore what Native American, East Indian, and West African cultures have said about dreams, and what science says about daydreams.
5. Draw a constructive daydream

Homework: What is your favorite daydream and why? If you don't have one, create one.

MONTH 1/WEEK 3 - Subjective and Objective

Purpose: Explore the relationship between *environment* and *irviroment* and understand the contents of your inner/subjective world and their impact on outer circumstances.

Core Principle: Your inner and outer worlds are connected

Key Concepts:

- * The objective world is made up of what's physically measurable, publicly observable and repeatedly testable
- * Your subjective world is made up of what is invisible, private and unmeasurable
- * Quantum physics says what many other time-honored cultures have taught: that mind - if you develop it - can affect matter

This week we'll explore living life from the inside>out.

Materials: Discovery of Self workbook

Step by step:

1. Review homework; discuss different kinds of dreams, and constructive daydreams
2. Stories/examples of inner states of consciousness/"dream world" (dreams, attitudes, expectations, emotions, etc) affecting the outcome of events (there is no 100% guarantee of desired outcome)
3. Humor as a state of consciousness and the importance of humor. Examples of finding humor even in tragedy (*Slouching Toward Fargo, Life is Beautiful*, others)
4. Take a difficult situation and find the humor. *Class exercise* Example: your basement gets flooded

Homework: To explore a specific component of your subjective world, write down your expectations of yourself as a student this year. Are they the same as last year? If "no" how/why are they different.