



WEIGHTS AND WINGS



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TIME

10 - 15 minutes

SEL COMPETENCY
Self-Management

PURPOSE

To build inclusion

ACTIVITY: Imagine Manny Scott (a former student and 'Freedom Writer') in action, in front of about 900 students who were completely engaged in what he had to say. (The Freedom Writers are a real group of students portrayed in the 2007 movie, *Freedom Writers*. The movie is about a teacher who has a class of underserved teenagers considered to be incapable of learning.) Instead of giving up, the teacher inspires her students to take charge of their education and their future, and they become the Freedom Writers. Among the inspirations that Manny shared with the participants, he challenged them to 'get rid of [their] weights, and go with [their] wings.'

- Think of "weights" as the people, places, things, or ideas (the nouns) and actions (verbs) in your life that aren't good for you; they make you feel bad; they hold you back from your potential.
- Think of "wings" as the 'nouns and verbs' that are positive, uplifting, supportive, and enriching.
- In a free-write or by journaling, write about at least two of your "weights" and at least two of your "wings."

Reflection: How do you feel now? How can you cope with your "weights"? How can you use your "wings" to support others?