



ENERGIZED

To give enthusiasm, to feel energetic or eager

"We made it. We created it. We brought it forth from the night of the ages. We alone. Our hands. Our mind. Ours alone and only."

- Ayn Rand

The feeling you get in your entire being (body, mind, heart) that declares I can't stop and I won't stop. It's the surge of energy that feels like a current moving through you and drives you to accomplish what you dream. When you connect with this powerful energy, you are connecting with your truth. This energy packed sensation helps you achieve what is in your heart.

Conversation Starters

- What does it mean to you to be energized?
- Have you been able to keep yourself energized over the past 3 years or have you struggled with maintaining your energy and excitement?
- Do you have ideas for how we can stay energized as a community throughout the school year?

The Learning

Have the students answer these questions for themselves and a character they have been introduced to through their reading. It is important for them to empathize with the character and draw some parallels as they think about their struggle to maintain excitement, direction and energy in their lives.

The theme of resilience and overcoming obstacles is found in their reading, being energized is a vital part of conquering adversity.

1. **What does your creative process look like? Do you sit with an idea for a while or do you get the idea and run with it?**

2. **How do you/ the character stay focused on your goals and what you want to achieve?**

3. **What inspires you/ the character to learn and try new things?**

4. **How do you keep yourself or help a friend stay energized when you/ they are feeling down?**

"One day I will pack my bags of books and paper. One day I will say goodbye to Mango. I am too strong for her to keep me here forever. One day I will go away."

-Esperanza Cordero, 'The House On Mango Street'

“The future does not belong to the faint of heart, it belongs to the brave.”
-Ronald Reagan, Challenger Speech,

Energized Assignment

Have your students write a speech that will encourage their peers to ask for help if they are feeling down or unmotivated.

When you belong to a community whether a classroom or a team, it is important to pay attention to others, specifically classmates or teammates. This means being respectful, kind and thoughtful. It also means not being critical, not judging, understanding differences and finding a way to work together and get them to lean on others within the community for help when they are down and not feeling energized.

The speech will highlight self-advocating and advocating for others while building social awareness and providing students with an opportunity to practice effective communication.

