

EXPRESSION

PRINCIPLE:

Every human being has the right to share his opinions with others by talking, acting, writing, dancing, drawing and singing. We all have the right to express ourselves unless it harms other people.

WELCOME ACTIVITY: Begin the class with a song or activity that will help students get to know each other.



DISCOVER:

Point two class members to stand up and ask them what they think about this class. Then do not listen to the first person when he or she is talking, but pay much attention to the second person when he or she is talking.

Continue with the activity and let the rest of the students share what happened to them or what they learned this past week.

QUESTIONS:

- Ask the first person who did not pay attention or listen to when he or she was talking how they felt when he or she was talking
- Ask the second person to also share his or her feelings when you pay much attention to what he or she was saying.
- Let other students also share their feelings about what happened to both two students.
- Ask students to share their experiences they have had in the past concerning the freedom of expression. And why it is important for everyone to have this right.
- How do you feel when no one wants to listen to your opinions, or you don't have the right to expression?
- What are some external forces that keep you from expressing yourself or feeling understood? (Media? Authority figures? Family members? Community?)
- Why is listening important?
- How will the right to expression help change our local communities?

EMPHASIZE:

- Every human being has the right to share his opinions with others by talking, acting, writing, dancing, drawing and singing. We all have the right to express ourselves unless it harms other people.
- Self-expression is an important part of human dignity, no one can make you feel unheard or unable to speak out.
- Expression is an important part of building community and strengthening family.

PLAN AND ACT:

Find a new way to express yourself that you have not used before (write a letter, sing a song, compose a poem, make up a dance, a post on social media, etc.) Try it this week.

REFLECT:

How did you feel at the end of the week about your plan and action? Share your experience.



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