



Card: PROMISE **Prompts:** What does a promise or making a promise mean to you? What promises have you made to yourself? To others? Have you kept your promises? Why or Why not?

Area: Language Arts, Communication

Main Purpose: To discuss the ways that we make and keep commitments (promises) to ourselves and to others using a Board Game created for Lesson 3.

Other purposes: a) To write promise cards and to fulfill 1 promise (short- or long-term); To create an autobiographical map of key elements in one's life including at least 3 "moments" where a promise or commitment were fulfilled. (Examples on eduspirit.org)

*These lesson plans are meant to be flexible and adaptable for all ages. Your creativity as a family will dictate how you go about implementing each lesson. Time allotted for each section is up to the family based on your unique dynamic or needs. Each lesson can be broken up by section, especially for children who may need frequent breaks.

BE INTENTIONAL

Listen to the Ted Talk by Alex Sheen, "Because I said I would" on Promises: <https://becauseisaidiwould.org/ted/>

Alex talks about creating Promise Cards or "Because I said I would" cards. Use the template provided on eduspirit.org for lesson plan 4. You can print out the template. On the template it reads, "Because I said I would." Write down a promise on the card. Maybe it's something you've been putting off. Then give it to someone. Once you fulfill the promise (it can take a day, a week, a year...) you will ask that person for the card back. You need to "earn" the card back, as Alex says. Once you fulfill your promise, the card you receive back will remind you that you are a person of their WORD. You are someone who keeps their promise.

BE THOUGHTFUL & COMPASSIONATE

Use the game board you created as a family in Lesson 3 "path to wellness." You are now going to create PROMISE cards that will be added to the other cards. These cards will be questions to prompt each player to talk about specific times in their lives where they have made commitments to themselves or to others. They will also include questions about future promises, commitments or goals that each person is thinking about making and how to achieve them. Examples will be provided on eduspirit.org in the supplemental links and resources sections.

Please also refer to Lesson Plan 3 for Game Board Instructions.

TAKE ACTION

You will create an autobiographical map. Instructions for how to create this map are on eduspirit.org

This map will demonstrate in a visual manner the landscape of your life—you may focus on your entire life or on a specific timeframe.

Within this map, you must add at least 3 representations/depictions of "promises" or commitments you have fulfilled.

AT THE END, ASK:

1. Did each family member participate in a conversation about what it means make and keep promises/commitments (Board Game)?
2. Did family members write promise cards (Because I said I would) and give them to another person for safekeeping until the promise is fulfilled?
3. Did family members create an autobiographical map of key elements + represent at least 3 promises fulfilled ?