

# Worth It

## 9<sup>th</sup> Grade Teachers Guide

Worth It 7<sup>th</sup> & 8<sup>th</sup> Grade Curriculum  
Copyright © 2022 by Katie Rose Geer  
Published 2022 by Worth It  
<https://www.youeworthit.info>

*Cover design: Worth It*

These materials are the express property of Worth It and may not be reproduced or altered in any way without the express consent of Worth It.  
© youeworthit.info

# **Worth It 9<sup>th</sup> Grade Checklist**

## **Instructor Materials**

Worth It 9 <sup>th</sup> Grade Curriculum booklet/pdf	
Worth It 9 <sup>th</sup> Grade Curriculum PowerPoint	
Worth It Parent Letter	
Parent Permission Slip	
Worth It Facts Sheet	
Worth It Pre/Post-Tests (enough for each student)	
Curriculum Fidelity Checklist	

## **Classroom Material**

Projector	
Speaker	
Large Index Cards (enough for each student)	
Pens or Pencils (enough for each student)	
A \$20 bill	

# 1. Worth It

**Show Worth It Video and turn to slide #2**

**Introduce Yourself:** Share your testimony. Share your story. Share why you are here. Why you are passionate about this? Humanize yourself.

**Turn to slide #3**

**Say:** *Why are we here? We here to help you answer the questions that people spend their lives trying to answer. "Who am I? What is my purpose? How do live a good life?"*

**Ask:** Invite students to try answering the above questions

**Say:** (Share how important it is to treat ourselves with value) *This all stems from the issue of value, worth, and identity. Do you treat yourself with value? If we did, our lives might look a bit different. We would protect ourselves, protect our minds, our bodies, and our hearts. Some of us are treating ourselves like a rag doll. Something to be thrown around, played with, and experimented on.*

Priceless Vase Game:

Instructions:

- Carefully uncover the vase and explain how valuable and priceless it is.
- Pass the vase around the room and emphasize how careful students need to be.
- Share with students how the value of the vase predicted how they handled it

**Say:** *If you have value, you must treat yourself with value. Everyone in this world places their value in something. In other words, everyone places their identity in something.*

**Ask:** *Where do you find your identity?*

**Turn to slide #4**

**Say:** (Talk about each item below)

Sports

Boyfriend/Girlfriend

Friend Group

Grades

# Of Followers

Car/House

Physical Appearance

**Celebrity Example:**

Think about your favorite celebrity. Most likely they have obtained all the things that we look for to fulfill us and make us happy. They are rich, famous, fit, and they hook up with the hottest models and stars. Shouldn't they be happy? Why is it that the majority of celebrities struggle with substance abuse, addiction, depression, and suicide? Why does almost every celebrity

marriage end in divorce? If they have everything, why are they so unhappy? Do these things really make us happy? Or are we spending our lives chasing something that will bring us down?

**Say:** *These things will bring temporary satisfaction, but they will ultimately leave you emptier than you started. These things are all temporary, they will pass away. Look for your worth, value, and identity in what is beyond yourself. (Explain the 3 points below)*

1. Your worth can't be found in others.
  - a. People are ALWAYS going to disappoint you.
2. Your worth can't be found in your situation.
  - a. You are not defined by your circumstances or past.
3. Your worth can't be found in yourself.
  - a. You are not enough for yourself; you are made for something more

**Say:** *Look for your worth, value, and identity beyond yourself. The ONLY thing that we can place our value in that will give us what we are looking for is what is permanent. Nothing else will satisfy us. People spend their lives trying to be satisfied by the world. Where has it left them?*

**Turn to slide #5**

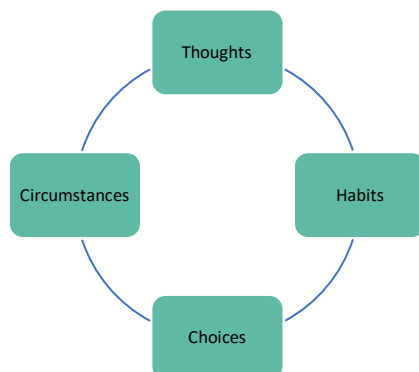
**Say:** *"A man is but the product of his thoughts. What he thinks, he becomes". – Mahatma Gandhi.*

**Ask:** *What do you think this quote means?*

**Say:** *(Explain Quote) Do you understand that your value and worth is beyond the imaginable? Why does any of this matter? It matters because ALL of our life decisions are based on how we view ourselves and others.*

**Say:** *We often think that the circumstances of our lives are decided by exterior people or situations. The primary source of our struggles stems from ourselves. Our thoughts. What we meditate. I like to use the diagram called the Circle of Thoughts.*

**Turn to slide #6**



1. Your thoughts (What you tell yourself) shape your habits.
2. Your habits shape your choices.
3. Your choices determine your circumstances.
4. Your circumstances shape your thoughts.

**Say:** (Explain the Circle of Thoughts)

*This is a continuous circle that most individuals find themselves stuck in. The only way to break this circle is to change your thoughts. Thoughts have a far greater impact on your life than you might think. Thoughts are in fact the source of these problems.*