

## Unit Title: The Self

Lesson 1(a) LO: “To reflect on the question: ‘Who am I?’”

Starter: NASA is sending a spaceship far from earth in order to communicate with species from other planets.

If ALIENS exist and find the spacecraft, they can learn about us simply by examining the items found in there. These items include the music we hear on earth, the film that took the latest OSCAR for best movie and our latest achievements in technology. NASA also wants to include one of your drawings entitled ‘I AM’.

Use a drawing of yourself and simple words to tell the ALIENS **what makes you the person you are.**

**Extension:** *What else will you send with the spaceship?*



Mind map: 'Who am I?'

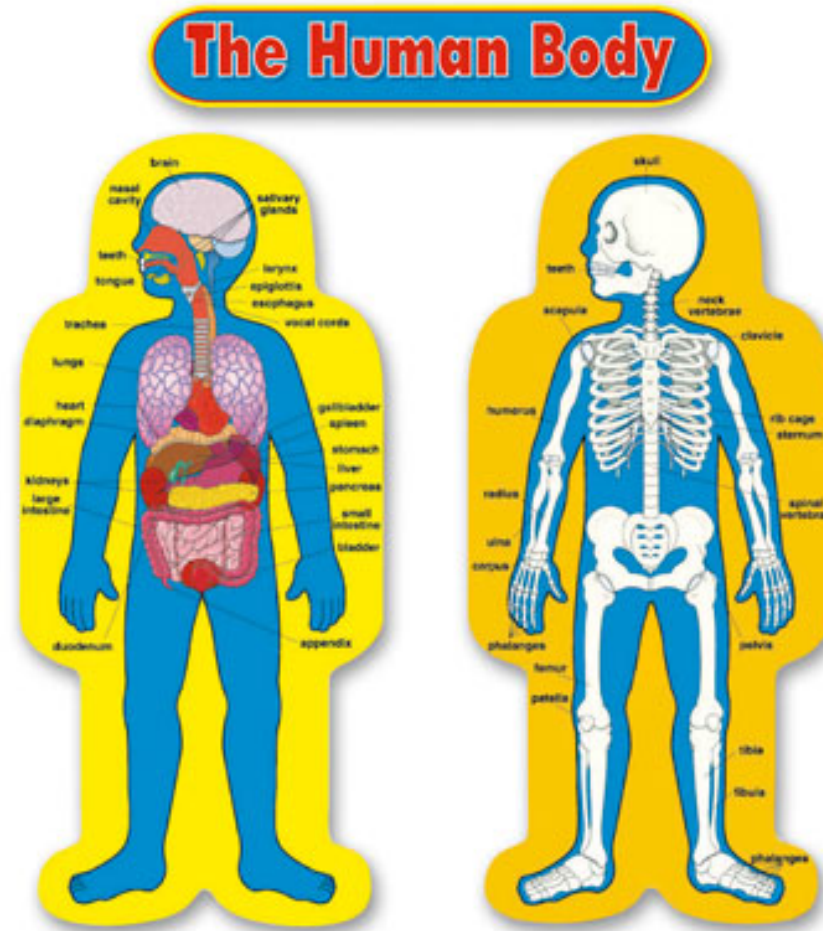
Have you included?

1. The Physical Body
2. The Mind & Intelligence
3. The Unchanging Self (atman),  
sometimes called the 'soul'.



# *Some important parts of physical body*

- 5 Senses
- Skin
- Blood
- Brain, neurons
- Cells
- Internal organs
- Skeleton



## *Did you know?....*

- Red blood cells carry oxygen around the body.
- Your body produces 25 million new cells each second.
- The human brain uses over a quarter of the oxygen used by the human body.
- The human brain can read up to 1,000 words per minute.
- Your heart beats around 100,000 times a day and 36,500,000 times a year
- The colour of a human's skin is determined by the level of pigment melanin that the body produces.
- Humans completely replace their outer skin every month.
- Adult lungs have a surface area of around 70 square metres!
- Most adults have 32 teeth.

## *Did you know?...*

- The smallest bone found in the human body is located in the middle ear. It is only 2.8 millimetres long.
- Your nose and ears continue growing throughout your entire life.
- Infants blink once or twice a minute while adults average around 10.
- As well as having unique fingerprints, humans also have unique tongue prints.
- The left side of your body is controlled by the right side of your brain while the right side of your body is controlled by the left side of your brain.
- It takes the body around 12 hours to completely digest eaten food.
- Humans share 50% of their DNA with bananas.



# Group Exercise: 'Yous on another planet'



- **What have you learned in today's lesson?**



*Unit Title: The Self*

*Lesson 7.2.1b*

*LO: To understand features of the mind and the intelligence*

- Starter: Let us look out for the mind during our meditation...



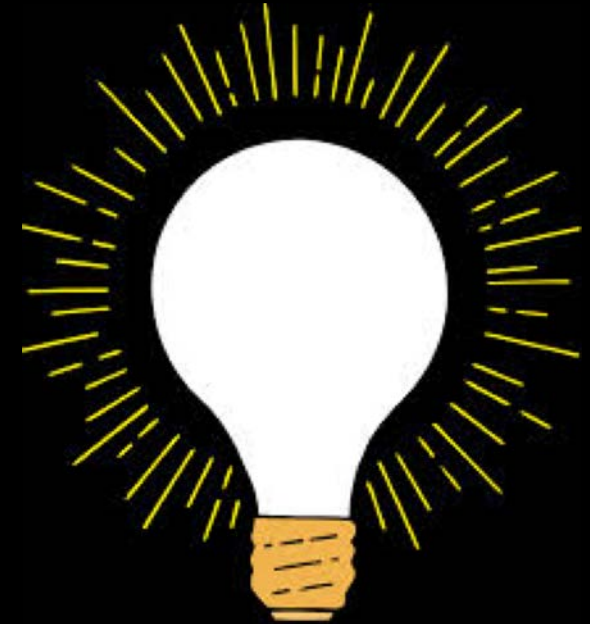


The mind is like storage



- The intelligence organises and makes sense of everything that is stored in the mind.

- We'll now play a 'Card game'



# Exercise: 'Brain surgery'



# Make a drawing to describe your mind

1. How does your mind look? What shape will you choose to give it in order to describe it to others? In your drawing, include some of your thoughts, feelings, memories and desires. Use words and colours if you want

Extension:

What colour will you use to describe your intelligence at the end of this lesson? Explain why.

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Lesson 7.2.1c

LO: To consider the existence of the soul

- After writing down the learning objective of the lesson, sit comfortably in your chair; breath slowly and deeply while waiting for others to finish.
- Be ready for the 'pointing game'



# Thought Experiment: “Travelling Back in Time”

- Make yourself comfortable and try the following thought experiment.
- Give yourself a moment to think between each numbered part of exercise.





# *Reflection*



- ❖ Revisit your drawing (the one you sent to space at the beginning of the week)
- ❖ Take some time to draw or write other parts of YOU that you now think exist

***Question:*** *What is the most important part of the self - the body, the mind or the intelligence? You can only choose one. Explain your answer*

# Homework

- Please find out about the oldest
  - (a) building
  - (b) animal
  - (c) person.....in the world  
and write a few notes.