

Course Title: Dignity Bootcamp (Wellness Hour)

Teacher: Peter Fee

Hour 1 - Semester 1 - 2021/22

0.5 Science Credit

COURSE INFORMATION:

Course Description ([video](#)):

Learn how to live with dignity. Life has pleasant and unpleasant, and neutral moments (often labeled as boring). Most people who chase after pleasant moments end up suffering needlessly. This class is for those who wish to learn physical skills that increase overall self-respect (dignity). Students will engage in activities that help deepen their breath [sufficient oxygen for metabolism/energy] and build a healthy posture. The brain's right hemisphere controls the left side of the body, and the left hemisphere controls the right. Balancing the body, therefore, helps balance the brain. Warning: this class will not be pleasant.

Prerequisites:

None

Method of Instruction:

Activities will include physical movement of the body, which engages the mind.

- Strict breath and posture activities.
- Strict 4-count walking exercises.
- Energizing activities such as stretches, somatic movement (constricting certain muscles), singing/chanting, and simple but strict tai chi exercises.
- Embarrassing activities that promote balance and teamwork such as 3-legged races and walking with a book on the head carrying a spoon in the mouth holding an egg.
- Balance beam activities.
- Read and discuss the graphic novel: Sapiens.
- Physical work using breath and posture: mowing the lawn with a non-motorized push mower (learn to sharpen mowers as well), preparing and serving tea, pulling weeds from the lawn and garden.
- Observe the mind (consciousness, imagination (voluntary daydreams), perception, thinking, judgement, language, involuntary daydreams, intelligence, memory, emotions, voluntary and involuntary self-talk, and instincts).
- Team activities may include frisbee and trust leans.
- **Conversation:** what type of interactions does a person have with their environment when they have dignity?

Course Objectives [[Next Generation Science Standards \(NGSS\)](#)]:

HS-LS1 From Molecules to Organisms

Make observations on the interactions of the human nervous system throughout the body and the mind (consciousness, imagination, perception, thinking, intelligence, judgement, language and memory, as well as noncognitive aspects such as emotion and instinct).

Graduate Vision Competencies:

Takes Personal Responsibility & Creative and Critical Thinker