

# Meme Yourself



Concept  
**Self-Management  
Skills**



Length  
**10-15 Minutes**

## Inquiry Prompts

- What positive qualities do you notice first about someone?
- What positive qualities do you admire in others?

## Instructions

A meme is a piece of media, like a photo, that becomes popular and spreads from person to person online. Memes often include text-based observations or humor. Based on a popular meme that features a series of images representing others' preconceptions about a person or their job, this activity asks students to envision how others might see them. Thinking about how others see them helps students link their behavior, attitude, and words to the impression they give.

- 1 Give students the [Meme Yourself](#) worksheet and make sure they understand the terms meme and perspective.
- 2 Ask students to think about how other people might see them based on how they act, the language they use, or the attitude they show.
- 3 Have students draw a picture that shows how the person described in the activity may see them.
- 4 Encourage students to present their memes to the class and explain why someone might see them in a certain way.
- 5 You can also have students choose their own perspectives on the blank version of the meme activity sheet. Some options:
  - How I see myself
  - How my family sees me
  - How strangers see me
  - How my pet sees me
  - How my teammates see me
  - How my grandparents see me
  - How my siblings see me

**Message for students:** Put your best foot forward! Make a good impression! There's lots of sayings that encourage others to think about how their actions, words, and attitude impact the way others see them. What if you could come up with your own saying?

## Materials Required

- [Meme Yourself activity sheets](#)
- Pencils, colored pencils, or markers
- Computers (tablets, phones) with Internet access (if you want students to upload their artifacts)

## Artifacts

Students can upload their memes to **Storyboard**, where they can reflect on how they think others see them, and how they want to be seen. You can also display students' memes in your classroom.

# Meme Yourself

The way someone sees something is called a perspective. A person's perspective on you comes from what you do and say when you're with them. Not everyone sees you the same way. The way you act with your parents might be very different from the way you act with your friends.

Draw a picture and add a short phrase to show how others might see you.

How my parents see me

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How my teacher sees me

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How my friends see me

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