

## Know Thyself

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In this project students were tasked with discovering who they were in a physical, mental, emotional, and communal sense. They launched into the school year by conducting empathy interviews with one another, playing games, and digging into how to love the uniqueness about themselves. They learned about mathematical patterns like the Golden ratio and how it can be discovered in nature, art, architecture, and even our own bodies. They mastered ratios and proportions by creating their own scaled down version of themselves in the Vitruvian Man art style. They built their own Golden Rectangle Frames in makerspace to house their Vitruvian self portraits. Students also wrote a personal narrative that reflects who they are today through events that have helped shape them. Students culminated their work by hosting a You Are Perfect Exhibition where students and families were invited to see their work and learn strategies to find the beauty, positivity, and love in themselves. Students led participants in creating items that were spread around the school to promote self love through self affirmation mirrors, getting to know you games, and a you're perfect box.

### Teacher Reflection

This project I have done many times and every time I try to put a new perspective and spin on it. It is a great way to start the year with some really fun and challenging math work. Students love discovering mathematical patterns in nature and themselves. It is also a great way for them to brush up on all their math skills at the start of the year. What made doing this project special this time was really leaning into the idea of students getting to know themselves and loving themselves. They really too to all the classroom circles we did everyone. We did an activity called spotlighting where one student would get showed with appreciations form classmates. This really helped build honesty, confidence, and community in our team.

—Chris Olivas

### Student Reflection

I learned that I am perfect no matter what others say. I learned that I'm a really resilient person. I have been through alot and so has everyone in this class but when we open up about our true selves we can all work on bettering ourselves together. I was transformed by this project by becoming more confident, with a reminder that I am perfect. I have become more honest with myself and people around me.

—Stella