

PRACTICAL CLASSROOM IDEAS

- **Authenticity Journal:** Provide students with journals where they can reflect on moments when they were true to themselves, even when it was challenging. Encourage them to write about how their faith helps them stay authentic.
- **Role-Model Spotlight:** Assign students to research a saint or figure from the Bible who embodied authenticity. Students can present what they learned, emphasizing how this person stayed true to their faith and beliefs despite pressure to conform.
- **"Be Yourself" Posters:** Let students create posters with personal mottos or quotes from saints about authenticity. These can be displayed around the classroom as reminders to stay true to themselves and their faith.
- **Saint Quotes on Authenticity:** Share daily quotes from saints like Bl. Carlo Acutis or St. Therese of Lisieux about the importance of being genuine. Invite students to reflect on how these quotes inspire them to live authentically. Display these on the bulletin board in the school hallway to encourage others!
- **'Caught Being Real' Spotlight:** Notice and briefly highlight when a student speaks or acts in a way that reflects their true self, reinforcing the value of authenticity in daily actions.
- **Peer Accountability Partners:** Pair students up to support each other in staying authentic. Encourage partners to check in with each other weekly, offering support and encouragement in living out their true selves.
- **Prayer Minute:** Start the class with a minute of silent prayer, asking students to reflect on how they can be more authentic in their relationships with God, themselves, and others throughout the day.
- **True Self Story Time:** Incorporate short stories, fables, or saint biographies that emphasize the importance of being true to oneself. Follow up with a discussion about how authenticity was displayed in the story.