

This is the *Charm and Poise* week of the teacher's lesson guide. There are three days of lessons.

## Your Best Self: CHARM AND POISE



### Day 1 Introduction to Charm

#### Discussion Points

Charm is the power or quality of pleasing, attracting, or fascinating other people. Charm is any action or formula thought to have magical power.

Discuss the possible history and significance of the charm bracelet. Who wears a charm bracelet? Why do you think so?

#### Round Robin Discussion

1. What person in history fascinated you, pleased you, or held your attraction?
2. Why was this person irresistible to you?
3. Describe this person's outer self.
4. Describe this person's inner qualities.
5. Get all club members' input.

#### Activity

At the meeting table, have club members write in their journals (found in the back of the accompanying workbook) the qualities of charm as they share them with the group. Make sure that everyone is in consensus as to what is charming before they record it. Thus, the agreed upon qualities will be universally charming to the group, and probably to people in general.

Next, have members list modern-day people who fit into their category of charm. Have members select a mother-model of charm, a father-model, and their own contemporary ideal model of charm.

The "Charm and Poise" work sheet can be used with this lesson.

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### Day 2 Introduction to Poise

#### Discussion Points

#### A Graceful Walk is Visual Poise.

A beautiful walk is a harmonious one. Everything is in balance. The speed of the stride is measured, the stride itself is effortless, or so it appears, your weight is kept forward, toward the balls of your feet with one foot in front of the other; your chest is high and your chin is up.

**Activity      What's Your Visual Poise Rating?**

Have club members use the discussion points above to perfect poise in walking. Have each member walk around the room, while the other club members rate her harmonious gait using the chart below. This exercise can be quite simple, from each member jotting down a score in secret, to a full production with scorecards.

Rate her one point each for (a) measured speed, (b) effortless appearance, (c) weight kept forward on balls of feet, (d) chest high, (f) chin up, (g) one foot in front of the other = perfect score of 6.

- (1) measured speed \_\_\_\_\_
- (2) effortless appearance \_\_\_\_\_
- (3) weight kept forward on balls of feet \_\_\_\_\_
- (4) chest high \_\_\_\_\_
- (5) chin up \_\_\_\_\_
- (6) one foot in front of the other \_\_\_\_\_
- Overall visual poise rating \_\_\_\_\_

Use the "Visual Poise" work sheet with this lesson.

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**Day 3**

**Off Campus Event**

Pre-arrange with the director of a neighborhood dance or modeling studio for a lesson, lecture, demonstration, or workshop on charm and poise. Take pictures of the event to chronicle in your program's newsletter.

**Or Alternative Activity**

Have club members put together a display board of people cut from clothing catalogs and magazines that they regard as possessing charm and poise.

**Or Alternative Activity**

Have club members put together a class presentation on charm and poise using the information gathered from this week's sessions, including worksheets and display boards.