



How to include Expressions in your Curriculum

Expressions Challenge is all about providing teens with a platform to share their voice and letting them know that they are heard. Our goal is to let teens talk about the issues that matter to them and impact their everyday lives. They can do this through art, spoken word, music, and video production.

Teachers, here are five easy steps you can take to incorporate Expressions into your curriculum:

1. Introduce Expressions Challenge to your class using information on the Expressions website www.expressionschallenge.com
 - a. If you're interested, an Expressions representative can join your class via Zoom, Google or Microsoft Teams to give a brief introduction of Expressions to your classes. Simply email us at expressionschallenge@gmail.com and we'll gladly schedule a time
2. Have your students brainstorm ideas on what topic they'd like to address
 - a. Topic examples include: Social Justice, Mental Health, Bullying, Self-Esteem, gun violence, climate change, or really anything that matters to your students
3. Students are encouraged to enter in all four categories: Visual Arts, Creative Writing, Spoken Word, Video/Music or just one or two
4. Have students create a rough draft of their work and provide revisions
5. Once completed, they simply upload their work at www.Expressionschallenge.com

It's that easy! We always suggest that teachers consider giving extra credit for work submitted. Remember, students can "Express" themselves individually, or in a group of up to FIVE students.

If you have any questions give us a call at 847-877-6547 or email us at expressionschallenge@gmail.com.