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# Lesson Excerpt: American Heritage Themes

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## Focus

Students are to develop the meaning of the four themes of American Heritage. Write the words freedom, freedom unity, progress, and responsibility on the board. Ask students what they think each of the words means, and write their responses near the word.

## Activity

1. Have groups of students develop a frieze to illustrate one of the themes. Each group may demonstrate and/or explain to the class their illustration.
2. Have students working individually or in groups use copies of the templates, art paper, or poster boards to illustrate the meaning of one or more of the themes. Students could use words, sentences, paragraphs, pictures, or quotations from the handout or from other sources. Student should consider the meaning of the themes for Americans today.
3. Have students develop a bumper sticker to illustrate the meaning of one or more of the themes.

## Closure

Remind students that freedom, unity, progress, and responsibility are themes from American history that are still important to Americans today.

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Resource: *America's Heritage: An Adventure in Liberty*

High School

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Download the Free Lesson

[High School Lesson\\*](#)

\*To download the entire American Heritage Themes lesson plan, you must sign up for a free membership with American Heritage Education Foundation.

## Activity Location

America's Heritage: An Adventure in Liberty (ES-HS), American Heritage Themes Unit, pp. 21-27. High School version.

## Other Resources

[American Heritage Education Foundation Bookstore](#)

[The Founding](#)

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