

LEARNING FOR LIFE

UPLIFTING STUDENTS · BUILDING CHARACTER · DEFINING LEADERSHIP

THEME: SELF AWARENESS

Self-discipline

GRADES: 4th and 5th

Core Curricula: *Supplements language arts, social studies*

Focus: *Self-confidence, self-esteem, self-development*

Overview: The more positive and unique things we know about an individual, the easier it is to respect him or her and to develop friendships. It is also true that many people never think about the many ways that people show their love and respect toward another until they focus on their relationship with that person. The following activities are designed to help students realize both the uniqueness of their lives and the lives of other people, and to recognize and appreciate expressions of kindness and loving relationships.

Goals: Students will learn unique things about other classmates and share positive actions by them and for them.

LESSON PLAN:

Tell students: *I know many of you think that you know your classmates very well. I think you may be surprised at how much more there is to know about your fellow students than you see almost every day.*

Activity 1: Have the class produce a book titled *The Nicest Thing Ever*. Give each student two sheets of paper. They will each write and illustrate two short stories.

"The Nicest Thing I Ever Did for Anyone" (Ask them to explain what it was, why they did it, and how it made them feel.)

"The Nicest Thing Anyone Ever Did for Me" (Ask them to describe it, why they think someone did it, and how it made a difference in what might have happened.)

When finished, have volunteers read their stories to the class.

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Reflection: Ask students:

- *How do you feel when someone does nice things for you?*
- *Why do you feel that way?*
- *Do other people feel that way when you do nice things for them?*
- *When people are nice to you, do you enjoy being their friend?*
- *Is kindness a sign of friendship?*
- *How did you feel when you did nice things for other people?*
- *Were you as happy with yourself as you were for the person you were being nice to?*
- *Why?*

Conclude with the understanding that being nice is good for everyone involved. At the conclusion of the discussion, collect all the stories and put them in the three-ring binder. Leave *The Nicest Thing Ever* in a location where the students can read it in their spare time.

Activity 2: Tell students: *It's important to know yourself, and to know your likes and dislikes. Everyone is unique. Since we are all different, we should know how we are different from others. We will do an exercise that will help us to think about our likes and dislikes, and our strengths and weaknesses. When we become aware of these, we will be better able to identify our basic feelings about things.*

Tell students: *Each of you will complete "The Real Me" chart to describe you and the things that we have talked about. After you have completed the chart, you can use the information to write a story about yourself. When you have finished your stories, we will talk about what you have written.*

Reflection: Ask students: *Did you learn anything different about yourself? Were you able to realize some things that you really appreciate about yourself? If there were things that you did not like about yourself, what can you do to change?*