

LEARNING FOR LIFE

UPLIFTING STUDENTS · BUILDING CHARACTER · DEFINING LEADERSHIP

THEME: NEVER LOSE SIGHT CARING/FAIRNESS

GRADES: Kindergarten and 1st

Core Curriculum: *Supplements social studies*

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

Overview: Children at this age are just beginning the self-discovery that creates their mental picture of themselves. If that picture is good, they gain self-confidence. If that picture is not good, their emotional growth is hindered. Adults cannot make students feel good about themselves. That feeling must come from within. This lesson is designed to allow the students to discover for themselves the various faces they present to the people around them. By focusing on the unique qualities of each student, the lesson reinforces the value of individual differences. The students can come to realize for themselves that they possess unique qualities, both physical and emotional, which make them special, and that they should never lose sight of this inner person.

Goals: The purpose of this lesson is to help the students discover

1. That no two students are exactly alike.
2. That each of them is special.
3. That being special makes them feel good inside.

Materials: Drawing or construction paper, markers, crayons, ribbon or yarn

LESSON PLAN:

Tell students: *Today we're going to talk about how each of us is a special person. That means that each one of us is important. We don't look exactly alike. We don't talk exactly alike. We don't feel or think exactly the same. Each one of us is different. This is something we should never forget. We should never lose sight of this fact: Each one of us is special.*

Activity 1: Brainstorm the following questions with the students (you might have to prompt for answers):

1. *What is one thing you like about yourself?* Possible answers include "my hair," "my smile," "my friends;" etc.
2. *How are you a special person?* Possible answers include "I work hard at school," "I can draw," "I can help my mother," "I tell the truth," etc.

LEARNING FOR LIFE

UPLIFTING STUDENTS · BUILDING CHARACTER · DEFINING LEADERSHIP

3. *What makes you different and special from other people? Possible answers might be “the way I look,” “the way I smile,” “the way I help others,” etc.*

4. *What else can you think of that makes you special?*

Tell students: *Each one of us is a special and unique person. We have talents and abilities that make us different from other people. How does this make us feel? Discuss.*

Activity 2: Give each student a face outline sheet. Tell them that they are going to draw a mask. The mask can show what they look like, or some things that make them special people. You might have to make one yourself to show students that the mask, when put on, will reveal to other people why the wearer is special.

As the students finish, cut out the masks and attach ribbon or yarn to them so the students can put them on. When finished, have all students put on their masks to share with their classmates.

Reflection: Tell students: *No one is like you on the inside. We all have different feelings inside, too. Sometimes we're happy. Sometimes we're sad. Sometimes, we're even mad for a little while. But we're always special. We're always important.*

Compliment the students for the different faces they made. Point out that each one is a little different. Each one is special.

Activity 3: Tell students: *Now let's name someone you want to be like. Whom do you know that you want to be like? Why do you want to be like him or her? What is it that you like most about that person? Let the children tell you.*

One of the ways that you are special is in choosing whom you want to be like. Some of you have more than one person you want to be like. That's good. That's part of what makes you special.

Remember, it's important to find good people to try to be like.

Reflection: Tell students: *You are a special person. No one else is exactly like you. That makes you special. Don't ever forget that.*

Ask: How does it make you feel to know that you are special? What are some of the special things you can do? Can you draw a pretty picture? Are you good at playing games? Can you be a good friend to others? Are you a good helper at home?

Other people have special talents and abilities, too. Sometimes, you may wish you had other people's talents or abilities. Should you feel sad that you don't? Why not? (Because all of you have your own special talents.)

How will you use your special talents? Did you know that it is important to use your special talents to help other people? It makes you feel really good about your- self when you do. Who are some of the people you can use your talents to help? How can you use your talents to help them? Remember that these talents make you a very special person.

LEARNING FOR LIFE

UPLIFTING STUDENTS · BUILDING CHARACTER · DEFINING LEADERSHIP

ACTIVITY 2

