

I'm a Special Kid

More Practice with Builders/Breakers and Bugs



3 Cs

- I care about myself.
- I care about others.
- I care about my community.

Help students to understand and invite them to state clearly:

- I have the right to care about myself.
- I have the responsibility to make smart choices when I care about myself.
- I show I care about myself when I make choices to live healthy and not use alcohol, tobacco/nicotine or other drugs.

Preparation

Copies

Worksheet: "I'm a Special Kid" (see page 65)

Materials

- Ruler
- Measuring tape
- String or yarn

Vocabulary

- heredity
- growth patterns

Lesson at a Glance

Introduction

- Differences Between Students

Strategy

- "I'm a Special Kid" Worksheet

Conclusion

- Differences In Others

Core Curriculum Objectives and Standards

Objectives

- Recognize individual growth patterns.
- Explain the role that heredity plays in growth and development.

Standards

- 7040-0603** Summarize how and why bodies differ in shape and size.

Teacher Notes

Introduction

1. Differences Between Students

- Each student in the class has some of the same characteristics as others.
- What are some things that make us the same?
- Each student in the class is different from the others.
- We are all different in size, shape, and color.
- What are some of the other things that make us different?
- Being different makes everyone special in his or her own way.
- In what ways are some people breakers when focusing on how people are different?
- How can we be builders when focusing on how people are different?
- We all grow and develop at different rates, often depending on certain family traits we call “heredity.”

Strategy

2. I'm a Special Kid" Worksheet

- In preparation for this activity, review various measuring systems, including centimeters and inches.
- Group the students into pairs and complete the worksheet “I'm a Special Kid.”
- Students may complete the worksheet in either inches or metric measurement.

Activity

Conclusion

3. Differences In Others

Discuss

Discuss the following questions:

- In what ways are people different?
- How can we build on the differences?
- What if people were all the same?
- What is something you like about yourself?
- What is something that “bugs” you?
- What things can you change about yourself?
- How can you choose to be happy with the things you cannot change and not let them bug you?

Optional Activity

Complete the worksheet “I'm a Special Kid” at the beginning and the end of school year. Compare the two worksheets and discuss the changes that have occurred.



I'm A Special Kid

With your partner, measure the following:

1. Measure around your head. _____

2. Measure from ear to ear. _____

3. Measure the length of your nose. _____

4. Measure your smile. _____

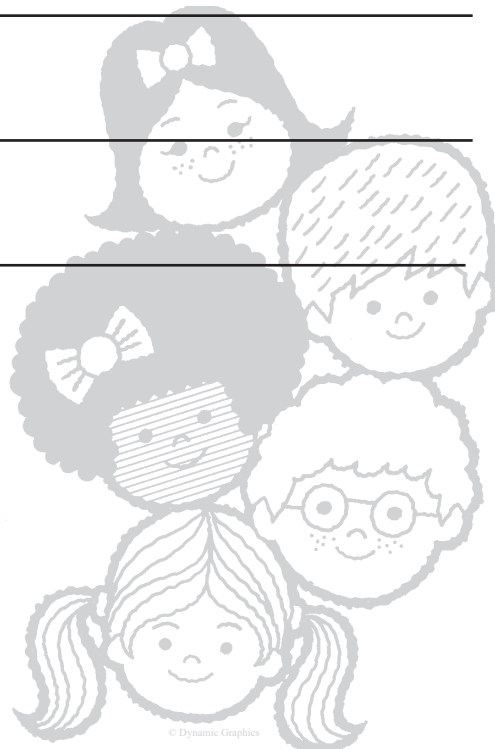
5. Measure around your neck. _____

6. Measure from hand to hand with arms outspread. _____

7. Measure around your wrist. _____

8. Measure the length of your foot. _____

9. Measure the length of your big toe. _____



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