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
1. Differences Between Students
Strategy
2. “I’m a Special Kid” Worksheet
Conclusion
3. 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.
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.”

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.

3. Differences In Others
   - 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?

   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. ___________________________