



I Like Being Me

More Practice With “I” Messages

3 Cs

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

Help students to understand and invite them to state clearly:

- I have a right to be in an environment where I feel safe.
- I have a responsibility to treat others with kindness.

Preparation

Copies

Home Connection (see page 73)

Materials

- paper
- crayons

Music

“I Like Being Me” from CD *Something Good* (see page 137)

Vocabulary

- alike
- different
- special
- “my story”

Lesson at a Glance

Introduction

1. Tell personal stories and sing

Strategy

2. Students participate in “Playing Favorites” activity.

Conclusion

3. Sing and move to “I Like Being Me.”

Home Connection

4. Our Family Story

Core Curriculum Objectives and Standards

Objectives

Students will recognize their personal uniqueness.

Standards

7000-0102 Communicate unique and special qualities about self.

Teacher Notes

Introduction

1. Tell personal stories

Tell a brief story about your life and use “I” messages. For example:

“A long time ago, I was born with brown hair. I felt happy when people played with me. I had two brothers and lived in a house that had roses. I felt sad when I got stuck with a rose thorn.

Help one or two of the children tell their stories.

Encourage them to use “I” messages in the story.

Emphasize that each story is wonderful and important and different.

Sing

Teach the song “I Am Special.”

(Sing to the music “Frere Jacques” – “Are You Sleeping?” using appropriate hand actions.)

I am special. I am special.

Do you see? Do you see?

Someone very special.

Someone very special.

That is me!

That is me!

You are special. You are special.

You are too, You are too.

Someone very special.

Someone very special.

That is you!

That is you!

Point to different children as you sing.

Strategy

2. Students participate in “Playing Favorites” activity.

Instructions - Select three items within a category. For example, a category might be “numbers” and three items within that category might be “1,” “2,” and “3.” Write or represent the items on separate pieces of paper and tape the papers to three different areas in the classroom. Each student identifies his or her favorite item (in this case, a number) and moves to the area of the room where that item is posted.

Topics for categories might include:

- Favorite number
- Favorite game
- Favorite holiday
- Favorite food
- Favorite book
- Favorite TV show
- Favorite toy

Discussion

Talk about choices and groupings. It’s okay to be different and it’s okay to be the same. Sometimes children are in one group and sometimes in another.

While the children are in different groups, have them take turns asking each other questions about other children’s favorites. Encourage and praise their curiosity for other student’s stories of why they have certain likes and dislikes.

Tie in the 3 Cs

- I Care about myself.
- I Care about others
- I Care about community.

Help students to understand and invite them to state clearly-

- I have a right to be in an environment where I feel safe.
- I have a responsibility to treat others with kindness.

Conclusion

3. Sing and move to “I Like Being Me” or listen to it while children do their Home Connection pictures.

Home Connection

4. Our Family Story

Prepare

Make a copy of the Home Connection for each student. Send the Home Connection paper home with each student and instruct students share the information with their families. Please have students check either the “Enjoy at home” or “Please return” box.





Home Connection

Dear Family,

Today we talked about how each of us has our very own story. Each of our stories is different. I am so glad you are a part of my story! This is a picture of my favorite thing I do with our family.

Love, _____



Home Connection

Dear Family,

Today we talked about how each of us has our very own story. Each of our stories is different. I am so glad you are a part of my story! This is a picture of my favorite thing I do with our family.

Love, _____



Conexión en el Hogar

Querida familia,
Hoy platicamos acerca de como cada uno de nosotros tiene su propia historia. Cada una de nuestras historias en diferente. ¡ Yo me siento muy contento (a) de que tu seas parte de mi historia! Este es un dibujo de lo que más me gusta hacer con mi familia.

Con amor, _____



Conexión en el Hogar

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Hoy platicamos acerca de como cada uno de nosotros tiene su propia historia. Cada una de nuestras historias en diferente. ¡ Yo me siento muy contento (a) de que tu seas parte de mi historia! Este es un dibujo de lo que más me gusta hacer con mi familia.

Con amor, _____