I Am One of a Kind
More Practice With Builder / Breaker

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.

Preparation

Copies
Worksheet: “I Am Somebody”

Materials
paper
pencil
“I Like Being Me” pennant

Music
“I Like Being Me” from the CD Something Good (see page 131)

Lesson at a Glance

Introduction
1. Alike and Different

Strategies
2. Partner Work
3. Personal Pennants

Conclusion
4. I Like Being Me

Core Curriculum Objectives and Standards

Objectives
The students will learn ways to improve mental health and manage stress.

Standards
7020-0101 Recognize how similarities and differences among people make our society unique.
7020-0203 Explain how positive role models can help people choose healthy behaviors.
1. Alike and Different

- As class members, we will differ not only in physical characteristics but also in the things we like to eat, things we like to do, places where we have lived, etc.
- Who can give an example of how we are alike and how we are different?

- Circle the class and have each student stand on a spot marker.
- Have one student stand in the middle of the circle. Remove the empty spot marker from the circle.
- Have the middle student say something about themselves. It could be something they like to eat, someplace they have visited, a favorite color or any other appropriate personal characteristic.
- Everyone in the circle who has that same like or characteristic must leave the spot marker on which they are standing and move to another open marker.
- The student who can’t find a marker is the new person in the middle.
- Repeat the activity until the energy goes down.

- How many people liked the same things:
- How often did people like different things.
- What if we all like the same things all the time?
- How did liking different things make the game fun?
- How did liking the same things make the game fun?

2. Partner Work.

- Assign students in pairs.
- Have each pair identify and write ways they are alike and ways they are different.
- How can we be a builder and accept the differences of others?
- How can we be a builder and accept how others are like us?

3. Personal Pennants

- Distribute a copy of “Personal Pennants” to each student.
- Have each student draw a self-portrait and write his or her name on the portrait.
- On the back of the penant, write how they will be a builder.
- Listen to the song “I Like Being Me” several times while designing the pennants.
- Hang the pennants around the room.

4. I Like Being Me

- Stress the importance and acceptability of being alike yet different.
- Teach song “I Like Being Me.”

5. I Am Somebody

- Have students complete the “I Am Somebody” worksheet.
- As a class, recite the statement on the bottom of the worksheet.
Personal Pennant

On the pennant, write or draw something special about yourself.

I LIKE BEING ME
I AM SOMEBODY
In each circle, write or draw something special about yourself.

“I am me.
There’s not another person in the whole world exactly like me.
I have my very own personality.
I am special.”