

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.
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Teacher Notes

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
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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.

Introduction

Discussion

Play

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?
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- 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.
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- 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?

Strategies**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.

Conclusion**4. I Like Being Me**

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

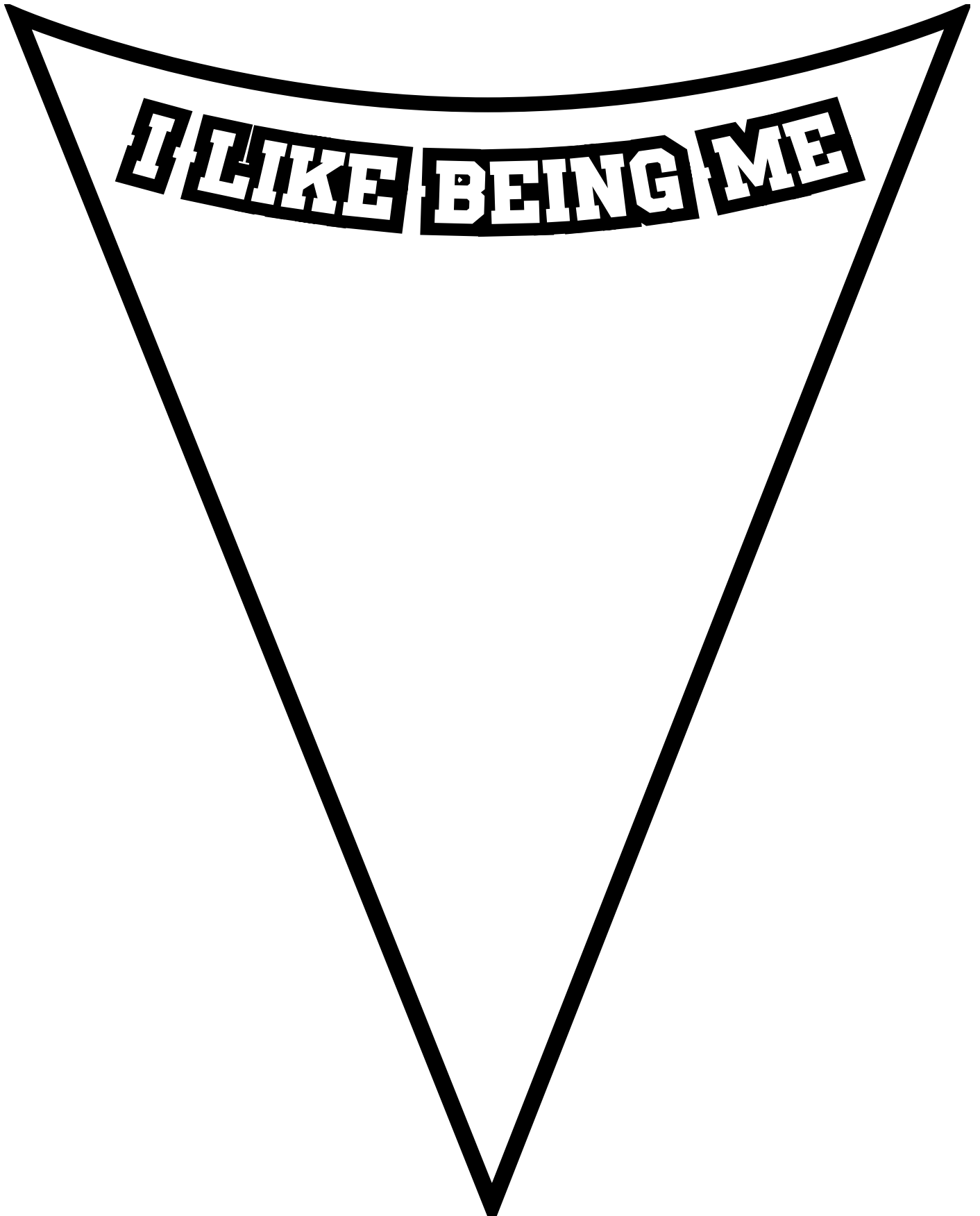
Optional Activity**5. I Am Somebody**

- Have students complete the "I Am Somebody" worksheet.
- As a class, recite the statement on the bottom of the worksheet.



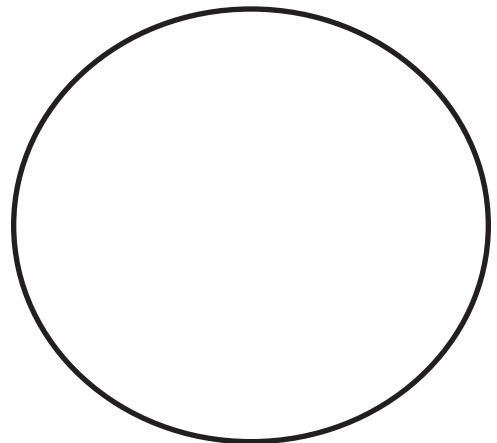
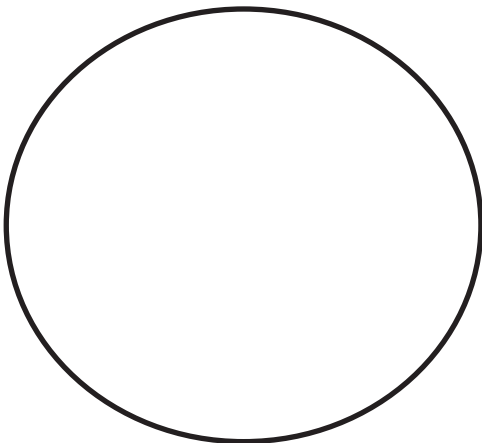
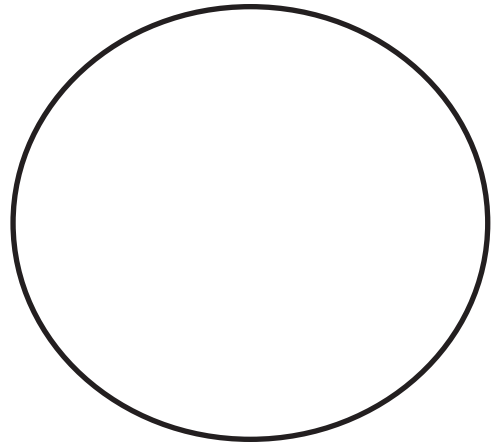
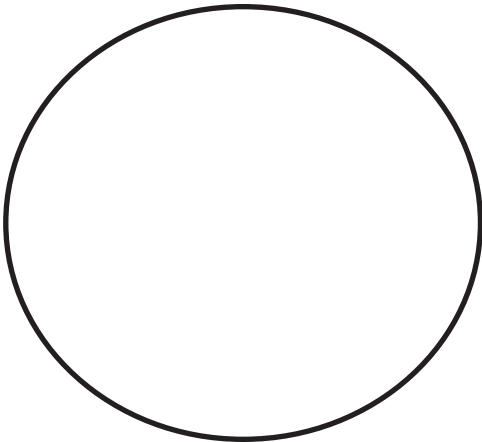
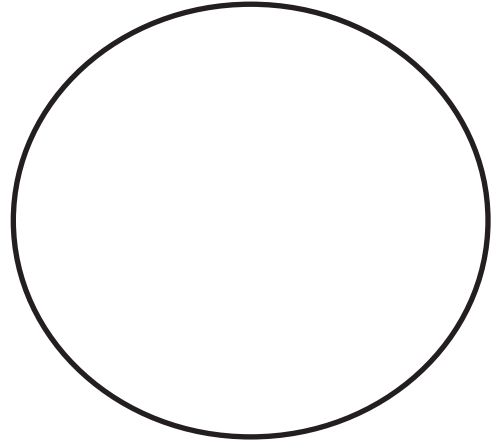
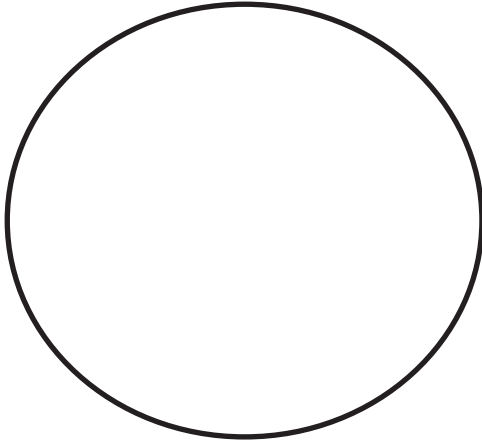
Personal Pennant

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



I 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.”***