LESSON PLAN GR K-1

Love and Accept Who You Are

Description

Supplies

- Book: *I'm Gonna Like Me: Letting Off a Little Self Esteem* by Jamie Lee Curtis; Illustrated by Laura Cornell

Skill Builder

Lesson

1. Show students the book, I'm Gonna Like Me: Letting off a Little Self-Esteem by Jamie Lee Curtis, illustrated by Laura Cornell, and tell them we are learning about strengths and weaknesses.
2. Ask if anyone can define a strength or weakness. After a few students share, define a strength as something we are good at and a weakness as something we need to work on.
3. Instruct students to interact during the read-aloud by hugging themselves when they hear the line, "I'm gonna like me." Read the story, pausing occasionally to ask if something the girl shared is a strength or weakness:
    - Knowing her letters
    - Knowing how long a ruler is

- Sharing
- Not running fast
- Cleaning up

4. Ask these follow-up questions after the story:

    - The girl was good at cleaning up. What were some of the things she was able to do to show off her strengths and offer help to others in a kind way?
    - What was a weakness she admitted and wasn't embarrassed by?
    - What was something the little girl loved about herself?
    - What other strengths might the girl have if she was really good at jumping?

5. When finished reading and discussing, have students share one of their strengths and weaknesses. Remind them of the Skill Builder, Strengths and Weaknesses.

Additional Resources

Read-Aloud on YouTube: Link

Skill Builder: Strengths and Weaknesses

Activity-Shape Your Strengths

1. Remind students everyone is unique, and we all have different strengths and weaknesses.
2. Let them know different strengths they might have will be called out.
3. Tell them to stand if they think what was called out is a strength.
4. Explain those who stand and have that strength will show off their strength with the action you assign.
5. Think of strengths and actions the students have or use the example list below. Before starting, make sure students are spaced out enough to display their strengths.

    Example strengths and actions

    - Singing—sing "Happy Birthday"
    - Acting—act like an animal
    - Exercise—do 5 jumping jacks and 3 sit-ups
    - Whistling—whistle "Twinkle, Twinkle Little Star"
    - Flexibility—bend down and touch your toes for 10 seconds
    - Balance—stand on one leg for 30 seconds
    - Drawing—take one minute to draw your best friend
    - Calming yourself down—strike a yoga pose
    - Reading—share your favorite author
    - Being kind and caring—give someone in the room a compliment
    - Listening—tell someone in the class one thing you learned today
    - Being fast—skip around the room
    - Swimming—hold your breath for 20 seconds

- Spelling—assign an age-appropriate word to spell for each student standing
- Counting—skip count by 10s to 100

Category

1. Lesson Plans
2. Self-Awareness

Sel-competency-lessons

1. Self-Awareness

Grade-level

1. Grades K-1