

LESSON PLAN

GR 2-3



Love and Accept Who You Are

Description

Supplies

- No supplies needed

Skill Builder



Lesson

1. Ask each student to share something they are good at doing. Once all students have shared, explain things we are good at are called our strengths.
2. Share one of your strengths and discuss how you use that strength in your everyday life. Examples: to succeed at work, to make and keep friendships, to achieve goals, etc.
3. Explain that our strengths are some of the things we love about ourselves. With our strengths, it's important to:
 - State them and be proud

- Show them off to others; don't be shy
 - Offer your help to others in a kind way
4. Now, ask students to think of something they might struggle with or need help with. Explain the things we need a little more help with are called weaknesses.
 5. Share one of your weaknesses and then ask for a few brave students to volunteer and share a weakness. Praise them for sharing!
 6. Explain weaknesses are nothing to be ashamed of. Everyone has things they struggle with. Working to improve those weaknesses is part of growing and learning. With weaknesses, you should:
 - Admit them, don't be embarrassed
 - Work on them so you can get better
 - Ask for help when you need it
 7. Discuss how it's possible to improve a weakness. Ask the group for examples of ways to improve the weaknesses of sloppy handwriting, running fast, and spelling.
 8. Remind students that strengths and weaknesses are part of what makes us unique!
 9. Tell students to use their strengths to help both themselves and others succeed and encourage them not to be embarrassed by their weaknesses. Assure them we all are learning and growing to become the best we can be!
 10. See the [Strengths and Weaknesses Skill Builder](#) for more.

Activity-Strength Show

1. Let the group know today they will be showing off their strengths.
2. Explain there will be time to rehearse and then, one at a time, students will come to the front to show off their strength to the group.
3. Based on the time for this activity, set a time limit for practice, and give several reminders of the time remaining.

Note: If two students share the same strength they can work and perform together

4. Help students brainstorm strength ideas they can showcase with the following examples:
 - If their strength is being funny, they could come to the front and tell a funny joke
 - If their strength is being good at sports, they could show how fast they can do jumping jacks
 - If their strength is art, they could draw a picture to show to the group
5. Once the time is up, call students to the front for the strength show.

Note: A microphone, music, and a variety of props could help make this strength show more exciting for the students.

6. Encourage students who are not performing to cheer for others with snaps, claps, and cheers.

Category

1. Lesson Plans
2. Self-Awareness

Sel-competency-lessons

1. Self-Awareness

Grade-level

1. Grades 2-3