

LESSON PLAN

GR 4-5



Love and Accept Who You Are

Description

Supplies

- [Make connections template](#)
- Colored pencils or markers in a variety of colors

Skill Builder



Strengths & Weaknesses

Strengths

- State them and be proud
- Show them to others, don't be shy
- Offer your help to others in a kind way

Weaknesses

- Admit them and don't be embarrassed
- Work on them so you can improve
- Ask for help when you need it

**Love
and
accept
who
you are**

Lesson

1. Ask students to think about the following questions:
 - What are some things I'm good at?
 - What do I like to do?
2. Explain the things you are good at doing are your strengths and that everyone is good at something! Remind students our strengths are what we should love about ourselves.

3. Review the first part of the [Strengths and Weaknesses Skill Builder](#).

Strengths

- State them and be proud
- Show them off to others; don't be shy
- Offer your help to others in a kind way

4. Ask students to share what they think a weakness is. Explain that weaknesses are the things that are hard for you to do—the things you aren't so good at doing. Allow a few students to share a weakness.

5. Review the second part of the Skill Builder.

Weaknesses

- Admit them, don't be embarrassed
- Work on them so you can get better
- Ask for help when you need it

6. Explain knowing your strengths and weaknesses can help you be more successful when you grow up.

7. Discuss how students might be able to use their strengths as they get older for a job or to achieve a specific goal. Allow students to share how some strengths of theirs could lead to a career choice or other achievement.

8. Have students discuss a weakness they'd like to work on and have them work together to think of ways they could help each other improve.

Activity-Make Connections

1. Explain the point of the game is for pairs to compete in making the most connections, or lines, to complete a full square.

- The game is played exactly like the dot game, but with a twist. Every time a student completes a square, they will share one of their strengths or weaknesses with their partner.
- The first person will draw a line anywhere on the playing board connecting two dots. Players take turns drawing their lines until one can make a connection to complete a square.
- Once the last line of a square is drawn, the student must see if there is an S or a W inside the square. If it is an S they share a strength and if it is a W they share a weakness.
- After sharing, the student colors in the entire box with their color and takes another turn. Students should try to share different strengths and weaknesses each time without repeating.

2. Pair students up and pass out [one template](#) per pair.

3. Pass out one color pencil per student making sure each student in the pair has a different color to differentiate their boxes.

4. Allow time for students to play until all the boxes are filled. Whoever has the most boxes colored in wins.

Links and Downloads

[Make Connections Template](#)

Category

1. Lesson Plans
2. Self-Awareness

Sel-competency-lessons

1. Self-Awareness

Grade-level

1. Grades 4-5