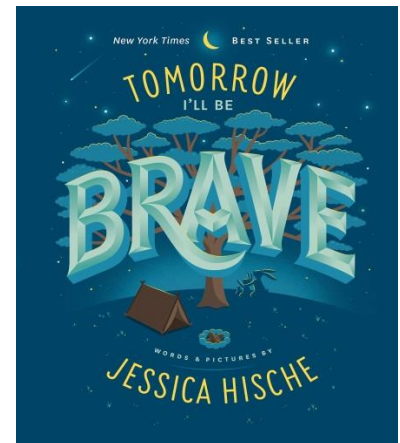
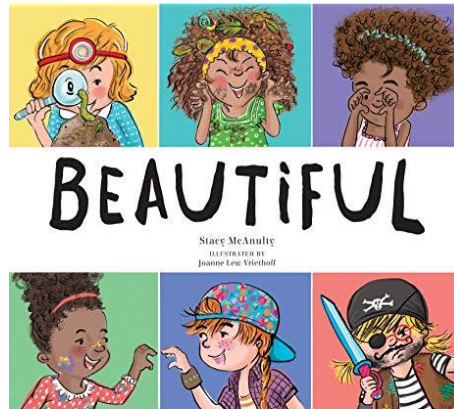
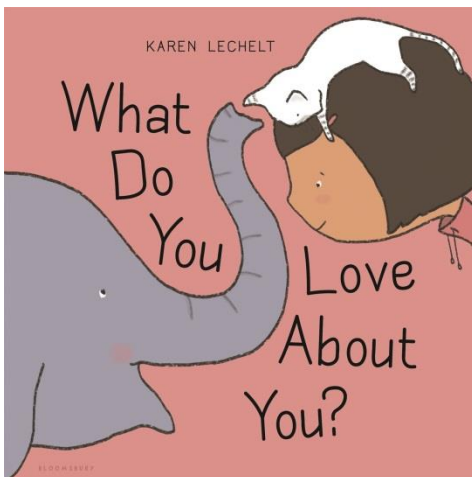
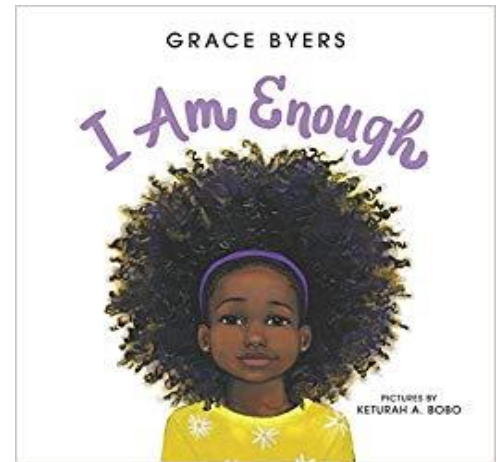
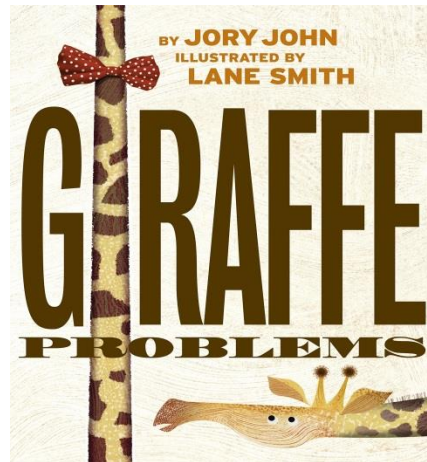
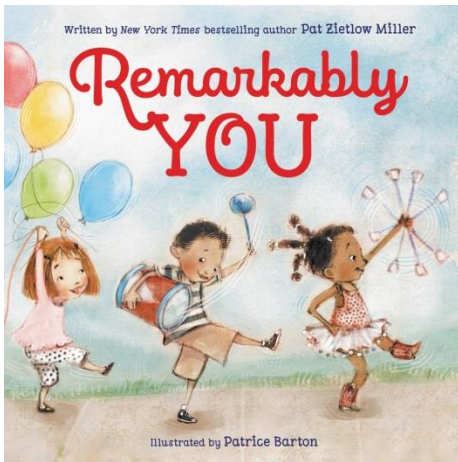


It's never too early to start teaching students about self-love and encouraging positive self-esteem. This activity and challenge is a stepping stone towards this very important topic. Here are some great picture books and YouTube videos you can use to introduce your lesson as well.



## YouTube:

Sesame Street I Love My Hair Song

<https://www.youtube.com/watch?v=enpFde5rgmw&list=PL3RwtPPBZT5EmmWEPw5mhVLmhdqO1KNbq>

Sesame Street with Will.i.am What I AM <https://www.youtube.com/watch?v=cyVzjoj96vs>

Kid President: Be Amazing <https://www.youtube.com/watch?v=C7BdKHc96dQ>

I Love Myself the Way I am: Jai Josephs <https://www.youtube.com/watch?v=5Yz-1mOohm4>

## Lesson Plan

Duration: 60-90 Minutes. This can be broken into 2-3 sessions depending on the time you have available.

Grade Levels: 1<sup>st</sup>-4<sup>th</sup>

Supplies: Pencils, eraser, crayons, colored pencils or markers, stapler or tape

Start with a conversation about self-love. Possible questions can include:

- ❖ What does self-love mean?
- ❖ What is the difference between self-love and selfish?
- ❖ What are some things you love about other people?
- ❖ What are some things you love about yourself on the inside and the outside?

Optional: Use a suggested picture book or YouTube video to help students understand the concept more.

Have students brainstorm a list of things they love about themselves. They can write physical features, character traits, or emotional awareness.

Optional: Review different types of poems. Help students understand that sometimes poems rhyme, but they don't always need to. Here's a great list of different types of poems for kids from [Penlighten](#).

Allow students time to work on writing their poem. Students could work with a partner to discuss ideas for their poems as well.

Students can go through the writing process with this assignment, or not. It's completely up to what works best for you.

Students illustrate a picture to go with their poem.

At the end, students can make a bracelet by writing one thing they love about themselves on the line and decorating the rest of the paper strip. You can staple or tape the ends of the strip of paper together on the child's wrist to make a bracelet that they can wear and take home.

To participate in the poem challenge, have your students' parents sign the attached release form and either scan or send a photo attachment of the release form and final poem assignment to [knowmyworldinfo@gmail.com](mailto:knowmyworldinfo@gmail.com) Please include your school name and country of location.

We will share some of the poems we receive in our next newsletter.

# I LOVE ME POEM!!

In the box below, think about all the things you love about yourself, your school, your family and your culture. Try and write or draw at least 10 things.

My Brainstorm Box

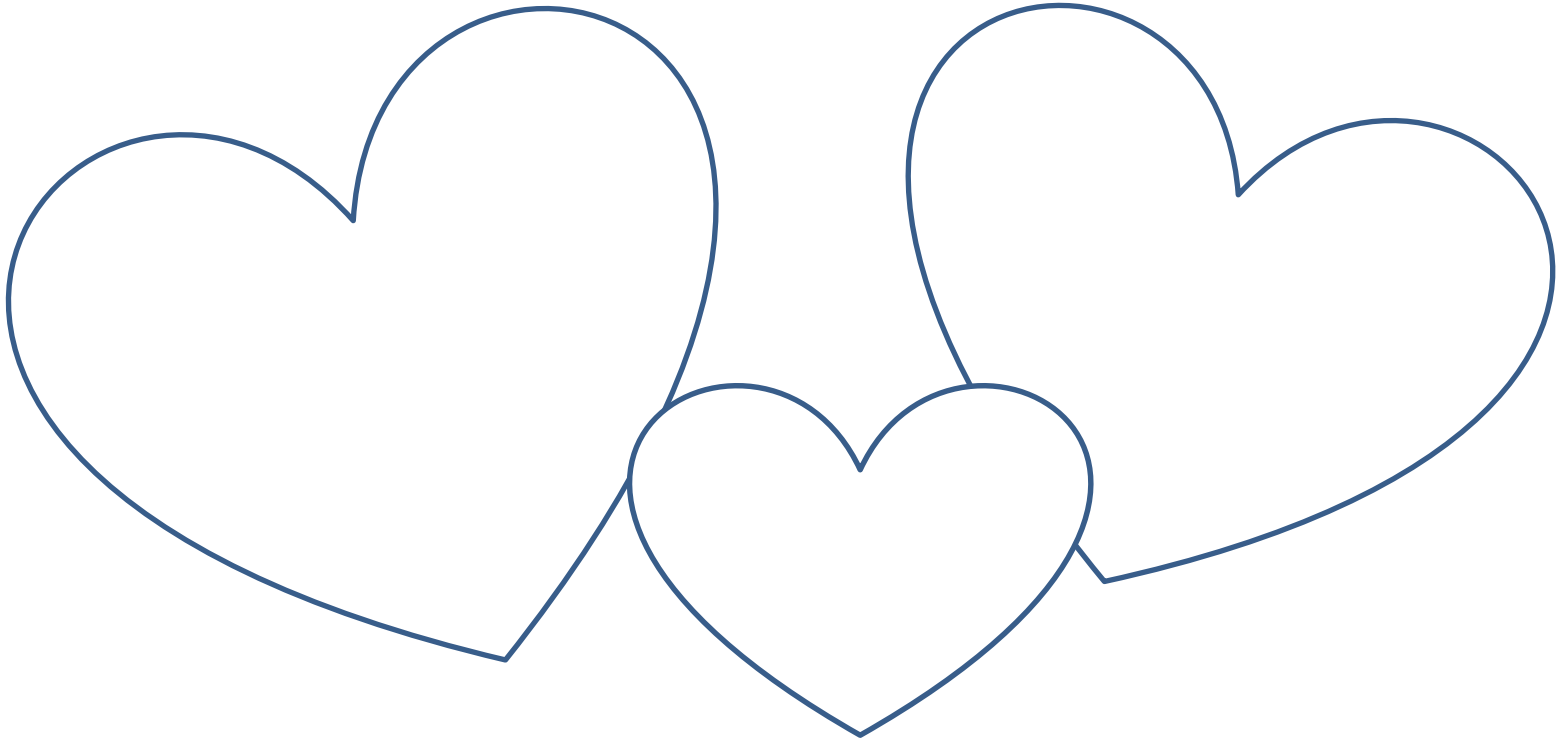


Now circle 5 of your favorite ideas and use them to help you write your poem. You can decide to have your poem rhyme or not rhyme. Add a title for your poem as well. Write in your nicest handwriting. Draw a picture to go with your poem when you are finished. 😊

Name: \_\_\_\_\_

Date: \_\_\_\_\_

\_\_\_\_\_



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Cut these bracelets into strips for your students to decorate.

I love my \_\_\_\_\_



I love my \_\_\_\_\_



I love my \_\_\_\_\_



I love my \_\_\_\_\_



I love my \_\_\_\_\_



I love my \_\_\_\_\_

