

I'm Special

Time needed: 20-30 minutes

Recommended Level: All grades

Categories: Diversity, Empowering, Tolerance

Common Core Standard (s): Writing to convey information,
Language, Speaking & Listening

Purpose: Students will identify what is special about them, will observe positive thoughts others have about them, and will cope with poor manners/bullying by others.

DISCUSSION:

Make a list on the board of good and bad traits.

Discuss how we all have good traits that others admire and that we may not even know about ourselves.

Explain that it is important to build our self-confidence because a bully, usually has poor self-confidence. A lot of times bullies pick on other people to help make themselves feel stronger or more powerful than the other person. They seem to think that this is cool, and it gives them a slight satisfaction, but one that may last only for moment. It is important for us to realize our own good traits, and it's okay to know that we are good at many things.

ACTIVITY:

Lay out a group of note cards on the floor face down, one for each student. Prior to the activity, write one good distinguishing trait about each student, but without using names. Have each student pick up only one card but leave it face down on his/her desks. Go around the room and have each student flip over the cards. The students will try to guess which student is being described by the trait.

FOLLOW-UP:

Once everyone has figured out which trait belongs to whom, have them write one good trait on the other side of the card about the person whose trait is described on the card. Write their name on their trait card. Drop the cards into a compliment box. The next day pull out a few cards and read some of the compliments. You can have the student who left the compliment either write his/her name or leave it off. Leave the box in the room and continue this activity by putting blank note cards by the compliment box, so that students may leave compliments about each other whenever they wish.



Helping Everyone with Anti-Bullying,
Respect & Tolerance