

# I Messages

**Time needed:** 30 - 40 minutes

**Recommended Level:** Grades PK-4

**Categories:** Empowering

**Common Core Standard(s):** Speaking & Listening,  
Reading literature, writing

**Purpose:** Students will be empowered to accept themselves and be less susceptible to bullying.

## **DISCUSSION:**

Begin the lesson by showing a box of crayons. Ask which crayon is most important. Facilitate discussion and reasons for the choices given. Conclude that each crayon is important. You need green to make spring grass, yellow to make a summer sun, and red to color a cardinal. Introduce the book *I Like Myself* by Karen Beaumont.

Read the book to the class. Make a list of things the girl liked about herself. Draw attention to the page where she says, "And I don't care in any way what someone else may think or say." Talk about how liking yourself helps to keep you from being a victim of bullying.

## **ACTIVITY:**

Have the students list 7-10 traits, habits, talents, etc. that they like about themselves.

Have students turn these statements into a poem. Title the poem "How to Be Me" and have the students rewrite the statements so they are in instruction form. (e.g., Like eating chocolate. Take piano lessons. Have a kitten.)

## **FOLLOW-UP:**

Give each student a circle shaped paper and other art supplies. Encourage each student to make a self-portrait to go along with his/her poem.

