FIFTH GRADE
LESSON I
SELF-CONCEPT

Objectives
Students will
• Explain the need for positive interpersonal relationships
• Describe the advantages of building relationships based on mutual respect
• Cite the importance of responsible social behavior

Materials
• Copies of the “I Am” poem or poster
• Video Don’t Stop Before You Get Started (19 minutes)
• Construction paper, markers or pens
• Question box
• Paper bags

Activity Choice
1. Share “I Am” poem or poster, read, or choral read, to students.
2. Discuss the meaning of the poem and how it relates to each student.
   A. What is important to remember?
   B. What personal qualities are special?
   C. Name personal talents, strengths, and interests.
3. Show video Don’t Stop Before You Get Started and discuss.
   A. Have each student trace their hand on construction paper (teacher demonstrates on the chalkboard). In each finger list one thing that makes the student special (talent, quality, strength, interest, hobby).
   B. Break into groups of four. Share information on the hands and discuss. Think about yourself and others. Do others see you as you do? How?
   C. Give each student a paper bag and several strips of paper.
   D. Each student should write their name on their bag.
   E. Write one positive comment about each person in class and place it in that person’s bag (stress the need to have positive comments only). Teacher may model acceptable remarks
      1. I like your smile
      2. You are a good athlete
      3. Your handwriting is pretty
      4. I like to work with you in science
      5. You have a good sense of humor
   F. Each person reads own “Bag of Hugs”
   G. Think about what was learned about how others see you. Are there qualities that are appreciated by others which you did not consider before?
   H. If time permits, display and discuss the following quotes:
      1. “You are a unique story. Let yourself be heard.” Leo Buscaglia
2. “Self-trust is the first secret to success.” Emerson
4. **Exceptional Education Inclusion Activity**-students who have difficulty writing a positive comment about other students may need to be paired with a partner for this activity.

“I Am” creed

I am unique in the world
I am capable of learning and growing daily;
I am a person who appreciates the difference in others;
    I am talented and I share my talents;
    I am unlike any other human being;
I am a dreamer who pursues personal dreams;
    I am an active participant in life;
    I am committed to my values;
I am the kind of person I enjoy being;
I am a one-of-a-kind human being and a celebration of life.

Mark Scharenbroich
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WHEEL OF FORTUNE
TEACHER COPY

SPIRITUAL SELF
Knowledge about what you value

PERSONAL SELF
Knowledge about your emotions and feelings

PHYSICAL SELF
Knowledge about your body

FINANCIAL SELF
Knowledge about your future and how you will earn a living

COMMUNAL SELF
Knowledge about interests and the groups to which you belong

SOCIAL SELF
Knowledge about how you relate to your family and friends