

GROW YOUR PALS PROGRAM GUIDE



THE NATIONAL FFA MENTORING PROGRAM

Sponsored by



LESSON 3.23

Compliments Complement Relationships

Unit:
MAKING GOOD CHOICES

PRECEPTS

- K. Emotional growth
- K3. Develop self-assurance and confidence



Lesson Type:
One-on-One

NATIONAL STANDARDS

- CS.01.02.01.c. Demonstrate human relation skills including compassion, empathy, unselfishness, trustworthiness, reliability and being friendly to co-workers.
- CS.02.05.04.b. Practice habits that positively affect emotional well-being.
- NL-ENG.K-12.4 – Communication Skills
- NL-ENG.K-12.12 – Applying Language Skills

STUDENT LEARNING OBJECTIVES

As a result of this lesson, the student will ...

- Learn appropriate ways to share facts about themselves.
- Detail how they are unique.





TIME

Instruction time for this lesson: **15 minutes.**



RESOURCES

Church, Ellen Booth. Learning to Share. Parents Magazine. February 10, 2010

<http://www2.scholastic.com/browse/article.jsp?id=10177>

Hopkins, Gary. Fourteen great activities for the first day of school. Education World.

August 17, 1998, http://www.educationworld.com/a_lesson/lesson/lesson074.shtml



TOOLS, EQUIPMENT AND SUPPLIES

- ✓ Old Magazines – two or three per PAL
- ✓ Poster Board – one per student
- ✓ Glue
- ✓ Decorative craft materials, including paints, markers and glitter
- ✓ Scissors
- ✓ PALS3.23.ONE.ASSESS.A – one per student

KEY TERMS



The following term is presented in this lesson and appears in ***bold italics***:

Self-Esteem



CONTENT OUTLINE

- I. Appropriate methods of sharing
 - A. Define ***self-esteem***
 - B. Create a Who Am I poster
 - C. Stress Balloon activity
- II. Newton e-Moment®
 - A. Pose “why” questions
 - B. Elicit answer to hone in on individual uniqueness
- III. Appropriate methods of sharing
 - C. Create a Who Am I poster

INTEREST APPROACH



Have you ever wondered what makes you different from everyone else? What is it about you that makes you different? How can you show others your uniqueness? When I say THINK, brainstorm all of the qualities about yourself that make you unique and write them down on a piece of paper. You have two minutes. What questions do you have?

THINK

Students will write down their list on paper. After two minutes, students share their list with their PALS.



The best thing in life is that we are all different. Each of us has something special to contribute to the world. How can we share our qualities with others?

Allow some discussion.

SUMMARY OF CONTENT AND TEACHING STRATEGIES

OBJECTIVE 1. | Learn appropriate ways to share facts about themselves.



Sharing is an important process of growing up that we must continue to fine tune the older we get. As we learn to share, we learn that it is a pleasure to give to others, especially when it's something we can give of ourselves. When we give, it also helps build our *self-esteem*.

A. **Self-Esteem:** A feeling of pride in yourself



Let's learn the best ways to share of ourselves with others.

With your PALS, follow the steps to create a Who Am I poster. Utilize magazines, poster board, glue, scissors and decorative materials to complete this task.



What better way to share pieces of yourself than to create a picture. When I say CREATE, design and make a poster that shares facts about you for others to see. From old magazines, cut out pictures, phrases or words that represent you and glue them onto poster board. After you are finished, decorate your poster with supplies such as glitter. You will have 10 minutes to complete your poster. What questions do you have?

CREATE!

Allow 10 minutes for poster completion and clean up. Ask PALS to share their posters with you and explain how it represents them. If you have more than one PALS have them share with each other in a group.



The best way to share your qualities with others is to show them who you really are. Making a Who Am I poster is a great way to share yourself with others.

Why is it important to share personal qualities with others? *Elicit responses.*

Responses may include helping others, making friends, to give to others, etc.



It also helps to build self-esteem and confidence. If we can share the good qualities of ourselves with others, then we can become more secure people.

OBJECTIVE 2. | Detail how they are unique.



Now that your PALS have created their poster, we will point out just how unique each student is. Engage with your PALS in a Newton e-Moment®.

After your PALS explained their poster to you in Objective 1, come up with three “why” questions about the information that you see on the poster. Possible questions include, “Why those words? Why that color? Why that picture?” Converse with your PALS long enough for them to be able to explain why they chose to explain themselves the way they did with their poster.



How did you decide what to put on your poster board? *Elicit student responses.*



Each time we share facts and information about ourselves, we may be asked to explain, “Why?” “Why” questions help others understand our uniqueness. Your mentor will ask you three “why” questions to pick out your unique qualities.



REVIEW / SUMMARY



Why is it hard for people to share about themselves with others?

*Student responses may include that people are scared, don't feel the need to share or don't have the **self-esteem** to do so.*



Today we identified facts and information to share about ourselves with others. Let's work on sharing ourselves with others by posting our posters on the wall for others to see.

What is one thing you learned about yourself that makes you unique? *Elicit student responses.*

Great job!

APPLICATION



Large Group Suggestion

As a class, go around the room and have students identify three things that make each student unique by reviewing each others Who Am I? poster.

Continued Discussion

Students share facts about themselves by creating a Who Am I? riddle book. Students write four or five statements about themselves within the book and the last line is a question: “Who Am I?” Hang it on a bulletin board and have other students guess who each person is.



EVALUATION

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ANSWERS TO EVALUATION

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Answers will vary; look for words from their poster.

1. Words may include real, funny, smart, etc.
2. Pictures may include famous people, cultural photos, career photos, etc.
3. A feeling of pride in yourself.
4. Answers should reflect answers from the *Newton e-Moment®*.
5. Answers may include to help others, to build self esteem, etc.

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Name _____

Answer the following questions based upon your 'Who Am I' poster.

1. What words represent you as a person?
2. What picture did you use in your poster that represents you?
3. What is the definition of self esteem?
4. How are you unique?
5. Why is it important to share your qualities with others?