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Social-Emotional Learning Read-Aloud Lesson Plan Exemplar: I Like Myself by Karen Beaumont (2004)

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Social-Emotional Learning Read-Aloud Lesson Plan Exemplar: *I Like Myself* by Karen Beaumont (2004)

**This lesson plan is based on a SEL and Dialogic Read Aloud project. The lesson plan was scripted for volunteers to highlight key vocabulary based on the CASEL Framework.*

Book: *I Like Myself!*

Theme: Self-love, confidence, self-confidence, acceptance of individual differences

Day 1

Lesson purpose:

1. Familiarize the children with the overall story
2. Introduce target vocabulary (*confident*)

Materials:

- 1 copy of *I Like Myself!*

Vocabulary:

- *Confident*: being sure about something or about one's ability to do something; believing in something or self, no matter what other people say/do

Time amount: 20-25 mins.

LESSON SEQUENCE

Day 1:

Lesson section/time	Say:	Notes
Introduce (3 minutes)	<p>The book we are reading today is called <i>I Like Myself!</i> In this story, a little girl describes what she likes about herself and she seems to be very <i>confident</i>. Confident means you are sure about something - you could be confident about yourself, or, confident about something you can do. Another way of saying what confident means is to say it means you believe in it very strongly, no matter what other people say or do.</p> <p>Is there something you are confident about? [let children share]</p> <p>That is really exciting to hear about!</p> <p>Let's read this story together now, and while we read, think about some of the things this little girl feels confident about.</p>	<p>*Blue is suggest script if needed to support volunteers who are not classroom teachers</p>
Read/teach (10-12 minutes)	<p>Intentional stopping places: I would stop on the following pages, as they offer really good talking points:</p> <p>P 13: On this page, the little girl is telling us "me is all I want to be". She just really wants to be herself and share herself with the world! Sometimes the people we spend time with might want us to act or think just like them,</p>	

	<p>but it's important for us to remember that each human is different and special, and it's okay for us to not be the same! Can you think of someone you love who is special but they are different from you? How are they different?</p> <p>[let kids share]</p> <p>What are some things that make all humans the same? [We all are valuable, we all have hearts, we all have special gifts/talents, we all come from families, etc.]</p> <p>[Continue reading until you come to p. 19]</p> <p>P. 19: What do you think she means when she says, "nothing in this world, you know, can change what's 'deep inside'"? What might she mean when she says "deep inside"? [Her talents, her emotions, her heart, who she is, etc.]</p>	
<p>Wrap up (5 minutes)</p>	<p>On the last page here, this character tells us she likes herself because: She's HER! She doesn't have to DO anything special or specific - she is valuable and special just for being her, and YOU are valuable and special just for being you!</p> <p>In this book, we saw that the little girl felt</p>	

	<p>confident about herself even when other people didn't like something about her or didn't like something she did. Have you ever felt confident even when someone else was teasing you or being unkind to you? [let kids share, if applicable]</p> <p>Or you could ask:</p> <p>What are some ways you can think of that we can remind ourselves to stay confident even when others are teasing us or being unkind? [let kids share]</p> <p>Those are some really helpful ideas. Tomorrow, we are going meet again and like usual, we will talk about this book a bit more and learn some more things about being CONFIDENT!</p>	
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Day 2:

Lesson purpose:

- Reinforce the meaning of *confident*
- Practice expressing confidence by creating a “Selfie” banner!

Materials:

- 1 copy of *I Like Myself*
- Scissors (1 for each child)
- Markers (for labeling the banner with names)
- 1 copy of the SELFIE printable (1 for each child in the group)
- 1 photo of each child (cut out already)
- Glue sticks (1 for each child)
- 1 sheet of butcher paper (to glue the photos to, for a banner)
- Pencils (1 for each child)

Vocabulary (cont’d from day 1):

- *Confident*: being sure about something or about one’s ability to do something; believing in something or self, no matter what other people say/do

Lesson section/time	Say:	Notes
Introduce (3 minutes)	[Begin by welcoming the kids back. Ask someone to review what the book <i>I Like Myself</i> is about, or to share a favorite part from it.]	
Re-read/teach (10-12 minutes)	Option 1: Reread the entire book and borrow key discussion questions from day 1 plan (if most of your group was absent yesterday).	In your rereading time (depending on which option you choose), just

	<p>Option 2: Proceed with “practice” activity below. Keep the book open and available in case kids would like ideas for what to mention about themselves (re: what they’re confident about).</p>	<p>be sure either way that the kids remember the meaning of <i>confident</i>.</p>
<p>Practice (7-8 minutes)</p>	<p>Begin by generating discussion about what your group of kids feel confident about, Example questions include (just pick one, for time’s sake):</p> <ul style="list-style-type: none"> ● What is something you can do really well? ● What about yourself do you feel very CONFIDENT about? ● If you were going to share two things you’re confident about with someone you just met, what would those things be? <p>(The purpose of this discussion is to get the kids thinking about what they’ll write for the craft.)</p> <p>To introduce the selfie craft, and the purpose of the craft, say something like, “In our story we read, sometimes, other people decided to be rude or discouraging to the little girl. That will happen to you and me sometimes, too. When it does, we have to remember that</p>	

people are usually rude or hurtful because of something hurt or hard that is going on inside of *them* - people who are unhappy sometimes try to make other people unhappy, too. Instead of being rude or hurtful back to them, we can take a deep breath (to stay *calm*) and remind ourselves to stay confident about who we are. Today, to practice reminding ourselves we are **CONFIDENT**, you're going to make a selfie of yourself and write about things you feel confident about!"

Provide directions for the craft - briefly describe each step (1 - 5) before having the kids begin step 1:

Step 1: Cut out their phone

Step 2: Glue their "selfie" inside the phone screen (show them where)

Step 3: Glue each phone to the banner (spread phones far enough apart to where kids have room to write under their phone)

Step 4: Kids label their phone with their name (so *above* each phone on the banner, in marker, have children write their names)

Step 5: Kids write 2 - 3 things they feel confident about

If children have a hard time thinking of things they feel confident about, they can look back

	in the book for ideas, or, you can prompt them to think of something they know how to do so well that they could teach someone else to do it - that's probably something they feel pretty confident about.	
Wrap-up/assessment (3 minutes)	Have the children share what they wrote about themselves and end by letting them know we will hang this banner downstairs in the entryway where everyone can see it!	

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