

I Believe in Super ME!

This lesson will introduce students to the Courage Unit by giving them time to think of ways to show courage, first, to themselves. The lesson ends with students brainstorming ideas for how to be courageous toward themselves over the summer and then drawing a superhero version of themselves so they can remember that courage and all of the unit topics they have studied this year are truly super powers!

Kindness Concept(s)

Courage, Kindness

Lesson Timeframe

45 minutes

Required Materials

- I Believe in Super Me handout
- Pencils, crayons, markers

Standards Map

This lesson aligns with CASEL Competencies, National Health Education Standards, and Common Core State Standards. Please refer to the [Standards Map](#) for more information.



DESIGNATED BY CASEL
AS A RECOMMENDED PROGRAM
FOR SOCIAL AND EMOTIONAL LEARNING.
See last page for details.

Lesson Objective

Students will:

- Discuss ways to show courage toward themselves.
- Identify things that they are good at or believe about themselves.
- Identify things they can do to show courage.
- Identify things they want to get better at.
- Create a personified superhero to remind them of their courage.

Teacher Connection/Self-Care

Many people associate the term “courage” with being strong, standing up to oppression, and fighting for what is right. While all of these definitions do in fact refer back to various types of courage, there is yet another focus that is equally valuable: the courage to respond with kindness. This unit will focus on kindness as a form of courageous action. Your ability to infuse kindness into your daily life is the most courageous thing you can do for yourself. When your thoughts change, your behaviors change, which ultimately leads to a positive change in those around you as well. This kindness chain reaction starts with you! This week, write out one specifically kind thought about yourself and post it on your bathroom mirror. Repeat it to yourself aloud every single time you read it. At first this may feel awkward and unnecessary. However, the more you hear kind words out loud, the more likely you are to internalize them. How can you be kind to yourself today?

Tips for Diverse Learners

- The brainstorm lists could be small drawings or simple words for emerging writers.
- Advanced students or those adept with computers can create a superhero with a few clicks that can be downloaded and printed from the DC Comics: Super Hero Me! Website: <https://www.heroized.com/>



Share

5-7 minutes

So far this year we have talked a lot about kindness and all of the super, special things we do to help others and make them feel special. These are our kindness superpowers! Can anyone remember the names of these superpowers we've talked about so far this year?

*Respect, Caring, Inclusiveness, Fairness, Perseverance, and Responsibility
Which of these do you feel like you are pretty good at so far?*

Invite student responses.

Which do you want to practice more, even over the summer, so that when you are in third grade next year, you will be ready to put these superpowers into action?

Invite student responses



Inspire

7-10 minutes

What is Courage?

For our last unit, we are going to talk about a superpower that uses ALL of the other superpowers: COURAGE. What do you all think courage means?

Invite student responses.

Yes. Courage means that you are brave when facing new or difficult circumstances. Sometimes courage means being kind to and including someone at recess. Sometimes it means taking responsibility for something you did wrong. Sometimes it means working hard to finish something that you find really difficult and you know it would be easier to just quit. Doing everything we've learned about this year to be kind, caring, inclusive, fair, determined, and responsible takes courage!

This unit will focus on courage as it connects to kindness. Being kind requires us to be brave and willing to try something new or different with ourselves, others, and even our spaces (like our school). When we have the courage to be kind, we feel better about ourselves and help others to feel better too!

Explain that there are 3 ways to show courage through kindness:

Kindness to Yourself: It might sound silly, but it takes courage to be kind to yourself. Most of us don't think about how we treat ourselves, but kindness actually starts with the things you say and do to yourself first! If you can't be kind to you, how can you expect to be kind to others?

Kindness to Others: Sometimes it can be very difficult to treat others with kindness. You can be brave and use courage to focus your words and actions on kindness in any situation. Even if others are mean, you can choose to show courage through kindness. You may be surprised to see just how quickly other's change when you shower them with kindness!

Kindness to Environment (School): Our school is a terrific place to learn each day. Why? Because each one of us does our part to keep it safe, happy, and welcoming every day. Your courageous choice to show kindness in how you care for the school by treating our materials kindly, respecting our space, and being safe on the playground are all ways that help make our school the wonderful learning environment we have today!



Empower

15-20 minutes

We are going to start with the idea that we must have courage to be kind and to believe in ourselves.

What are some brave or courageous things that you have done for yourself? Have you ever been scared to do something or try something, but you persevered and did or tried it anyway?

Invite student responses.

It takes a lot of practice and hard work to do courageous things for ourselves, to believe in ourselves and to push ourselves to be better or to learn something or to do the right thing! Sometimes it's easy to just stay comfortable and the same. But we are better than that! The world needs us to be our very best selves and to grow into those selves every day. Sometimes we need reminding, though, so we are going to design a poster that you can hang in your room this summer to remind yourself just how SUPER you are!

Hand out *I Believe in Super ME!* sheets.

On your I Believe in Super ME! sheets, I want you to brainstorm these topics in the white space around your "Super Me" circle. You can see the topics printed there:

I Am Super Because:

I Want to Get Better At:

I Believe I Am/Can:

This Summer I Will Show Courage By:

Once you have written down three of four ideas in each section, you can draw, design, and color in your Super Me! This should be you as a SUPERHERO, so draw whatever you feel that looks like.

It would be good to show students an example you have done for this.



Reflect

5 minutes

The summer can seem like a long time. Maybe you do a lot of things by yourself or maybe you are in clubs or sports and see a lot of people all summer. Regardless, remember to believe in yourselves, show kindness to yourselves, and work to become your most SUPER self! This takes courage, kindness, persistence, responsibility, and caring. Practice this each day and if you need a reminder about what is already super about you, look at your poster. If you want a reminder about what you can work on to build courage and kindness before third grade, look at your poster. If you forget how to show courage this summer, look at your poster! You are all super! Believe it!



Extension Ideas

- Students can hang the posters on the fridge at home so parents can help remind them of these things if they forget or need encouragement.
- Use the backside or extra space on the front side to list out all the new things to try or learn over the summer to help inspire courage. Create a sticker chart students can complete each time he/she shows courage toward him/herself or toward others.



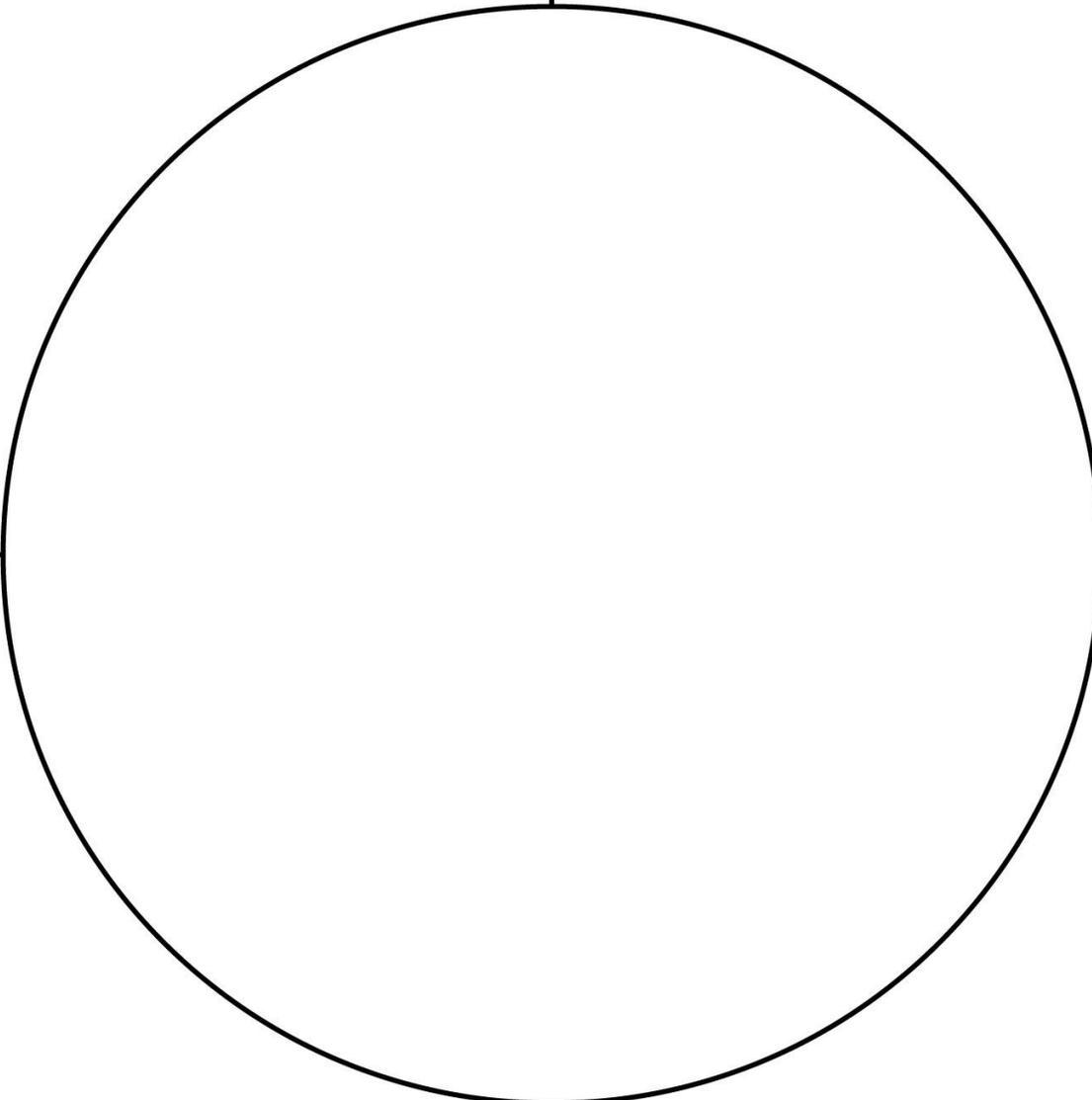
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LEARNING.

The Collaborative for Academic, Social, and Emotional Learning (CASEL) has been reviewing evidence-based SEL programs since 2003. Kindness in the Classroom® meets CASEL's SElect Program and is included in the CASEL Guide to Effective Social and Emotional Learning Programs.

Kindness in the Classroom® met or exceeded all of CASEL's criteria for high-quality SEL programming. Kindness in the Classroom® received CASEL's highest designation for high-quality SEL programming.

<https://casel.org/guide/kindness-in-the-classroom/>

I BELIEVE IN SUPER ME!

I am super because:	I want to get better at:
	
I believe I am / can:	I will show courage by:

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