

THIS WEEK'S  
FOCUS:

**OWN YOUR  
AWESOM-  
NESS**

**GRADE  
LEVEL:  
K-2**





**I MATTER**

**30  
MIN**




## **TODAY'S ACTIVITY: "AWESOME ENDS WITH "ME" "**

 Students will use their awareness to identify traits, abilities, skills and talents that are found in their AWESOME self. Students will use fingerprint images to create a poster representing their own unique AWESOMENESS.

 Blank white paper; pens or pencils; colored pencils, crayons/ or colored markers; OPTIONAL – display or provide copies of the AWESOME ENDS WITH "ME" guide handout, thumbprint template, and print rubbing worksheet; magnifying lens or device to "zoom-in" on students' fingerprints, ink pads, sharpie markers, and clear scotch tape

**Prep time:** 5 minutes

 As this is the second Monday of the month, please consider sharing highlights or relevant parts of the Monthly Launch lesson, Week 1 – Feel the Wonder to reinforce this month's theme Monday Gets Spectacular. This activity will have two parts: (1) brainstorming ideas about what makes students AWESOME and (2) creating a unique fingerprint to OWN OUR AWESOMENESS. \*\*Please be mindful of students who may have a difficult time identifying positive traits, skills and abilities about themselves. Encourage students to be open-minded and show kindness to themselves. \*If working with younger students consider having students draw pictures of them showing their AWESOMENESS.

LEARNING MODALITIES		SOCIAL & EMOTIONAL LEARNING		4 C's	
•	Visual	•	Self-awareness	•	Critical thinking
	Auditory	•	Self-management		Communication
	Kinesthetic		Social-awareness		Collaboration
	Verbal		Relationship skills	•	Creativity
	Interpersonal		Responsible decision-making		
•	Intrapersonal				
	Logic				



## **GOALS FOR THE WEEK**



- 1 DISCOVER** how GETTING SPECTACULAR and OWNING OUR AWESOMENESS can be found in both the simple and the extraordinary moments of life.
- 2 ENGAGE** in practices that provide opportunities to recognize and celebrate who we are and who we are becoming.
- 3 UNDERSTAND** how OWNING YOUR AWESOMENESS builds self-confidence, creates stronger connections and a thriving community.



## LAUNCH: (3-5 minutes)

\*Consider asking one or more questions below to build background to the lesson's theme and strategy of **GET SPECTACULAR** and **OWN YOUR AWESOMENESS**.


-   What does AWESOME mean to you?  
What is something AWESOME you experienced recently?  
What are some things that make you AWESOME? (Guide students to consider things that they love most or appreciate about themselves.)  
What are some positive traits or skills that others notice about you?  
What are some ways that you OWN YOUR AWESOMENESS in your daily life?

-   Every single one of us is AWESOME and SPECTACULAR in so many ways. It can be a challenge to be AWESOME. We might worry about what others think. We might just want to "fit in" with everyone else. We get that. However, each and every one of us makes our world a wonderful and exciting place to be because of our individual AWESOMENESS.



## INQUIRY: (3-5 minutes)


Consider asking 1-3 questions from the list below to help build background for the activity. \*NOTE: Consider modifying the questions pending students' ages, grades, ability levels, and classroom goals. Consider having students share their responses in pairs, small groups, or as a large group.

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  - What are some AWESOME qualities that we have in common?
  - What are some AWESOME qualities that are unique?
  - How might someone show that they OWN their AWESOMENESS?
  - What might happen if you started to OWN YOUR AWESOMENESS more often?
  - Why might it be challenging to sometimes OWN OUR AWESOMENESS?
  - What might it be like to OWN YOUR AWESOMENESS?
  - How can OWNING YOUR AWESOMENESS help you to be yourself?

<b>Icon Key</b>	 - Ask	 - Explain	 - Say	 - Brainstorm	 - Slide #'s
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## ENGAGE: (1 minute)

 OWNING OUR AWESOMENESS is a spectacular thing. It helps us move away from being hard on ourselves and towards valuing who we are. OWNING OUR AWESOMENESS gives us permission to be confident, proud, accepting, and make a positive impact in our world. OWNING OUR AWESOMENESS motivates and inspires us to pursue the things that are important to us.



Are you ready to spend some time OWNING YOUR AWESOMENESS?



## START ACTIVITY: (10-15 minutes)

**Directions:** Provide blank paper and/or copies of the lesson handout and pencils to students. Guide students to reflect on the aspects about themselves and things they have accomplished that have led them to be who they are today. Then have students create a “fingerprint” with those attributes. Consider displaying students’ “fingerprints” to showcase their AWESOMENESS.



You are AWESOME! Even in those moments you don’t feel amazing, your AWESOMENESS still resides within you. Today, you are going to create something to remind you of just how AWESOME you are.

\*Pass out blank paper and/or OWN YOUR AWESOMENESS guiding questions. Have students respond to the prompts as best as possible. Consider framing and/or adding questions to help students connect to the amazing things about them.

### PART A: IDENTIFYING THE AWESOME

Each and every one of us has unique skills, abilities, talents and traits. Take some time to think about things that make you, you. Think the things you are able to do and the things you enjoy doing. Think about your likes and interests. Think about the goals you have achieved and what you are working towards. Think about how the people in your life would describe you.

Let’s take a few minutes to make a list of these AWESOME things about you.


### PART B: AN AWESOME FINGERPRINT


Directions: Provide blank paper and/or copies of the fingerprint templates for each student. Have students identify the type of fingerprint they have by gently rubbing their thumb or finger against the graphite of a pencil so that their thumb or finger print is coated. Then have students place a piece of clear tape on their coated thumb/finger. Then have students place the tape against a white piece of paper. Have students identify if their fingerprint is a “whorl”, “loop” or “arch.” (Lesson handouts identify what is a whorl, loop and arch. \*If available, students can also use ink pads. Provide copies of each fingerprint type. Have students select their type of fingerprint. On their fingerprint page, have students write down their AWESOME traits and abilities.

<b>Icon Key</b>	 - Ask	 - Explain	 - Say	 - Brainstorm	 - Slide #’s
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\*\*\*Guide students to identify their fingerprint type.

 Just as each of you have different traits, skills, abilities, and talents, so are your fingerprints. Our fingerprints identify who we are.

 From your AWESOMENESS list, write down your traits, abilities, skills and gifts on your fingerprint. Your fingerprint will remind you of the AWESOMENESS within you.


Let's OWN OUR AWESOMENESS!

\*If time allows, have volunteers share their AWESOME fingerprints.

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## **REFLECT: (3-5 minutes)**

After the activity, consider asking 1-3 of the following questions to help students reflect, evaluate, and make connections to the lesson. \*NOTE: Think about modifying the questions based on your students' ages, grades, ability levels, and classroom goals. Consider having students share their responses in pairs, small groups, or as a large group.

 What do you think about your fingerprint of AWESOMENESS?  
What was it like to identify your AWESOMENESS?  
What did you learn about yourself? What did you learn about others?  
How will you continue to OWN YOUR AWESOMENESS moving forward?  
What would your life be like if you remembered how AWESOME and SPECTACULAR you are more often?  
Why might taking the time to OWN YOUR AWESOMENESS be important?  
What might get in the way of OWNING YOUR AWESOMENESS and feeling SPECTACULAR? How does actively OWNING YOUR AWESOMENESS and GETTING SPECTACULAR remind you of how much and why you MATTER?

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## **WRAP UP: (1 minute)**

Thank you for taking the time to OWN YOUR AWESOMENESS. The SPECTACULAR part about being AWESOME is that when you take the time to OWN it, you feel great about being you. Every time you celebrate your AWESOMENESS, you show yourself how much you MATTER. I hope you continue to OWN YOUR AWESOMENESS.

**Icon Key**



- Ask



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- Slide #'s

## EXTEND

Think about providing more opportunities for students to **GET SPECTACULAR** and **OWN YOUR AWESOMENESS** by doing one or more of the activities listed below:

- 1 Me, Myself and I Collage:** Have students use magazines, pencils or pens, markers, colored pencils, and/or crayons, tape and/or glue, poster board and scissors available to all students to draw a self-portrait (or leave a space where they can glue a picture of themselves). Students will then use the magazines available to look through and cut out images and words that describe them, relate to them, and represent the qualities that make them AWESOME. Have students create their collages using the words and images. When all collages are finished, consider having students hang them in the classroom or hallway to proudly show how AWESOME each of them are.
- 2 An AWESOME Journal:** Have students keep a journal of the AWESOME thing they create and experience. Consider dedicating time at the end of each week for students to share. Let's continue to create opportunities for students to OWN THEIR AWESOMENESS.
- 3 WALL OF AWESOMENESS:** Have students write down one way they are AWESOME on colorful strips of paper (without their names.) Then post their AWESOMENESS on a dedicated space. Let's show the world our AWESOMENESS.



“THE GOAL IS TO BECOME THE UNIQUE, AWESOME, NEVER TO BE REPEATED HUMAN BEING THAT WE WERE CALLED TO BE.”

- PATRICIA DEEGAN, DISABILITY RIGHTS ACTIVIST AND PSYCHOLOGIST

Icon Key



- Ask



- Explain



- Say



- Brainstorm



- Slide #'s



**THERE IS NO AWESOME WITHOUT "ME"**

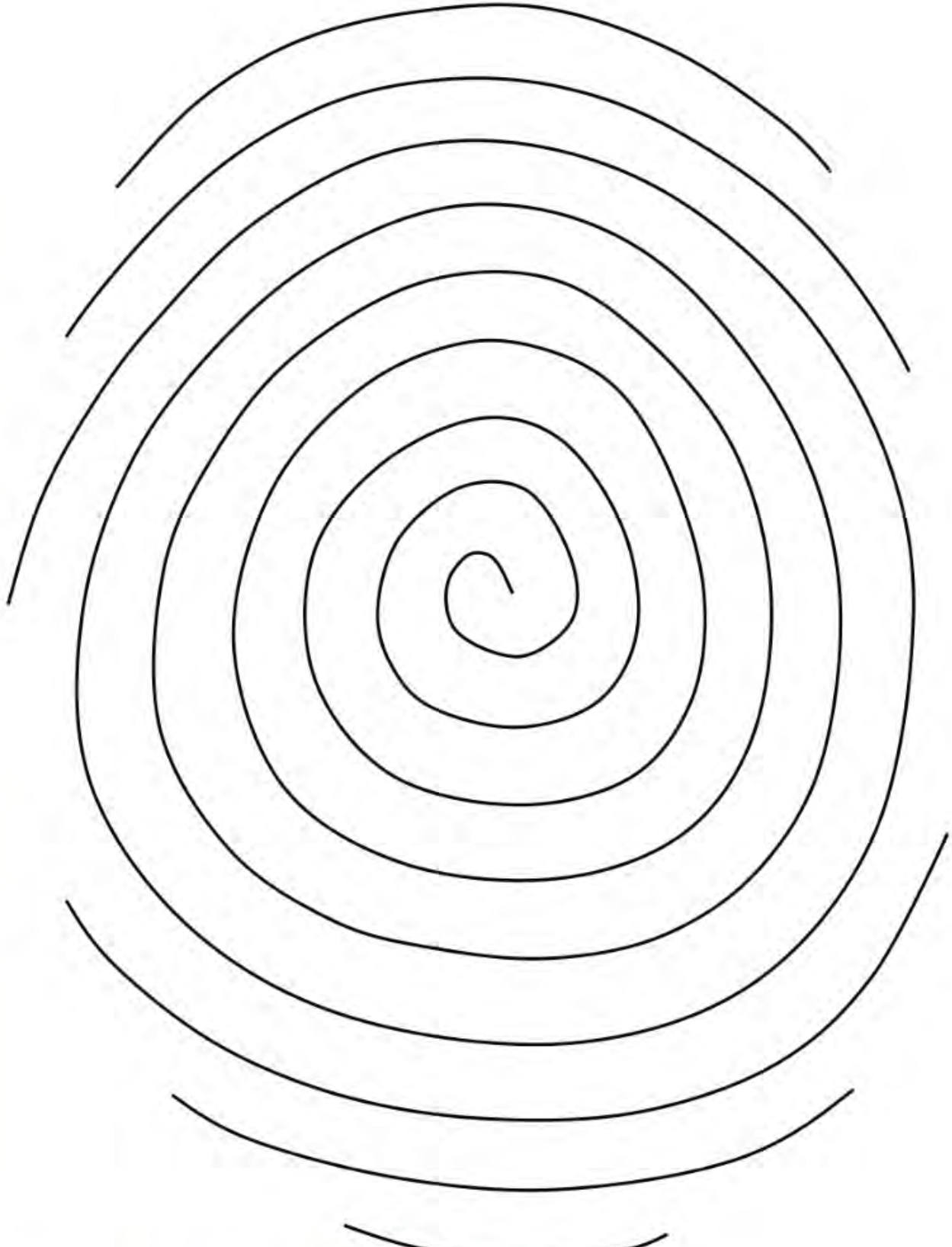
<p>What I am good at doing?</p>	<p>What I really enjoy doing?</p>
<p>What are aspects about me that make me proud?</p>	<p>What do others say about me?</p>
<p>What are my talents and abilities?</p>	<p>What do I appreciate about myself?</p>

**AWESOME ENDS  
WITH "ME"**



**"OWN YOUR AWESOMENESS"**

**Instructions:** On your fingerprint, list all of the ways you are AWESOME and OWN IT.



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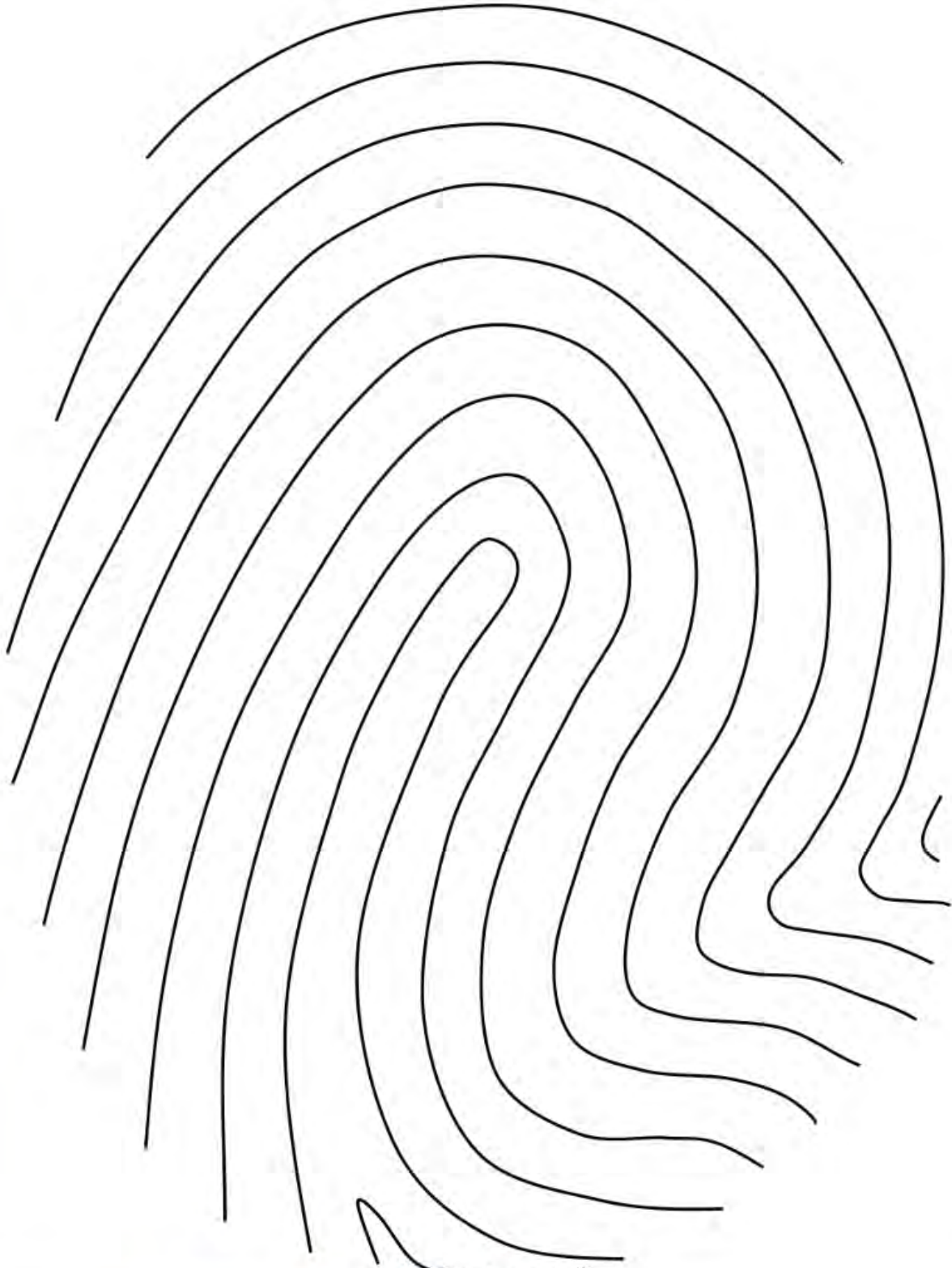


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# AWESOME ENDS WITH "ME"



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