

# LESSON PLAN 4

## RECOGNIZING STRENGTHS



PRE-K4-5

SELF AWARENESS

### LESSON OVERVIEW

Duration: 25 minutes

Characters: Selin, Whisper, Joy, Cherry

Objective: Students will recognize their own strengths by observing examples from Joy, Cherry, and Whisper, and by practicing positive self-talk using a mirror.

### LEARNING GOALS

By the end of the lesson, students will:

- Identify personal strengths and positive qualities.
- Use self-talk to describe something good about themselves.
- Recognize strengths in others.
- Build confidence through affirmations.

### MATERIALS NEEDED

- Selin's Sweets Video: 'I am Special'
- Imaginary mirror (make a heart with your hands)
- Optional: Strength cue cards (kind, brave, etc.)

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### LESSON STEPS

#### 1. Welcome & Warm-up (2 min)

Teacher greets the class:

"Good morning, sweet friends! Today we are learning how to see the good things inside ourselves — just like Joy, Cherry, and Whisper!"

Children sit in a circle and prepare to listen

#### 2. Story (2 min)

- Joy stacks boxes carefully so they don't fall — showing she is a problem solver.
- Cherry draws happy pictures using her imagination — showing she is creative.
- They are also kind as they share with each other.
- Whisper's strength is being a loving friend.
- Selin reminds the children they have strengths too.

#### 3. Discussion & Reflection (6 min)

Teacher asks:

- "What was Joy and Cherry good at?
- "What is something YOU are good at?

Identify both actions and feelings

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#### 4. Activity - Mirror Strengths (10 min)

Step 1 - Introduce the Mirror

Teacher says:

"Make a heart with your hands... hold it in front of your faces and look inside your heart mirror!"

"When you look in the mirror, smile at yourself, and say something good about you!"

Step 2 - Model Positive Self-Talk

Teacher demonstrates:

"I am kind."

"I am a good listener."

"I try my best."

Step 3 - Students Take Turns

Three children at a time create a mirror with their hands

Children choose one positive statement such as:

"I am kind" "I am brave" "I help others" "I am creative"

Teacher gently prompts children who need help

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#### 4. Activity - Mirror Strengths (cont'd)

Step 4 - Celebrate

After each child shares, the class quietly cheers with spirit fingers, a soft clap, or heart-hands

Teacher:

"When we say good things about ourselves, we remember that we are special!"

#### 5. Closing - You Shine with Love! (5 min)

Teacher closes:

"Your strengths are like little lights inside you. When you let them shine, you make the world brighter!"

Teacher Reflection

- Did students identify a personal strength?
- Did they participate in the mirror activity?
- Did they demonstrate positive self-talk?
- Did they recognize strengths in Joy, Cherry, and Whisper?