

I Believe in Super Me!

This lesson will introduce students to the concept of Courage 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 outside of school and then drawing a superhero version of themselves so they can remember that courage is truly a super power!

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

Courage starts with kindness. You cannot pour from an empty glass. This week, focus on your internal dialogue. Say something nice to yourself in the mirror at the beginning and end of each day. It takes courage to be kind.

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

When you think of superheroes, what powers do they have?

Invite student responses.

Yes, those are all great examples of superpowers! But each one of us also has super powers within ourselves.

RANDOM ACTS OF KINDNESS
FOUNDATION®



Inspire

7-10 minutes

What is Courage?

Today we are going to talk about a superpower called COURAGE. What do you all think courage means? Invite student responses. **Courage** means that you are *brave when facing new or difficult circumstances*.

Today we will learn how kindness takes courage above all else. 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.*



Empower

15-20 minutes

We must have courage to be kind and to believe in ourselves.

Ask:

- 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?

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 their *I Believe in Super ME!* sheets, ask students to brainstorm these topics in the white space around their “Super Me” circle. You can see the topics printed there:

- I Am Super Because:
- I Want to Get Better At:
- I Believe I Can:
- Outside of School 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.

Show students an example that you made using yourself.



Reflect

5 minutes

Remember to believe in yourselves, show kindness to yourselves, and work to become your most SUPER self! 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 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.



DESIGNATED BY CASEL
AS A RECOMMENDED
PROGRAM FOR SOCIAL
AND EMOTIONAL
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.

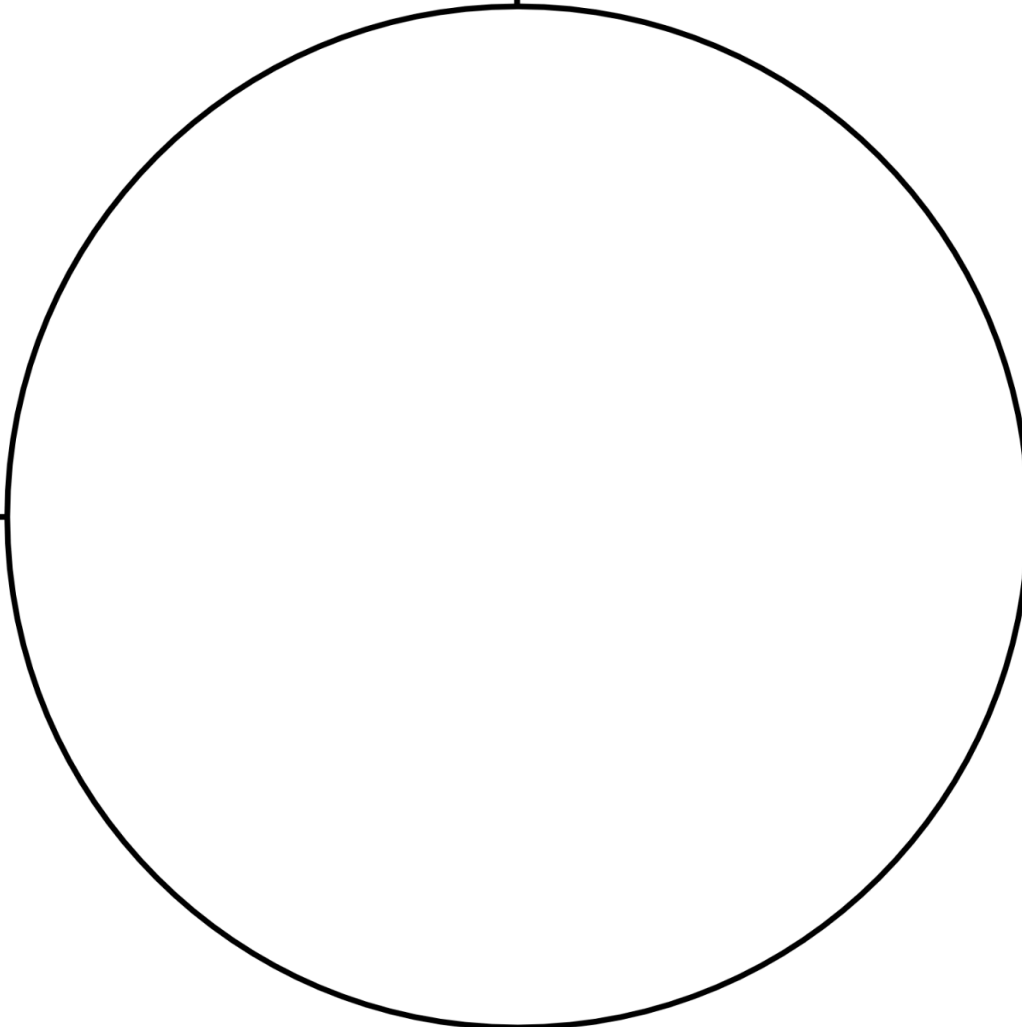
<https://casel.org/guide/kindness-in-the-classroom/>

RANDOM ACTS OF KINDNESS
FOUNDATION®

I BELIEVE IN SUPER ME!

I am super because:

I want to get better at:



I believe I can:

I will show courage by: