

Who Am I?

This first lesson introduces the topic of inclusiveness by working with a partner to learn more about each other while also exploring personal talents, dreams, and struggles.

Inclusiveness Sub-Concept(s)

Kindness

Lesson Timeframe

45 minutes

Required Materials

- Who Am I? handout (see below)
- Pencils
- Child Outline (for RAK Interactive notebook only)

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:

- Identify their talents, strengths, dreams, and areas they want to improve or develop further.
- Use inclusiveness to build trust with their partner and create an inviting space for sharing personal thoughts and feelings.

Teacher Connection/Self-Care

The topic of inclusiveness is often overlooked once we reach adulthood. We seem to falsely assume that loneliness, bullies, and cliques are a thing of the past. However, it is just as difficult, if not more so, once we have developed our own comfort levels on different hot button topics, personality types, and overall approaches to life. They say you can't teach an old dog new tricks, but that's not true! It might be harder, but we CAN and SHOULD strive to grow in kindness daily. This week, examine your surroundings at school carefully. Are there any new teachers that you are unfamiliar with? Maybe YOU are that new teacher and are feeling exceptionally shy. Identify 3 people this week to include in some capacity. Perhaps it's the old "saved you a seat at lunch" adage, an invite to walk the playground during lunchtime, or even a morning coffee to brighten their day! Your efforts to include others will definitely increase the kindness quotient in your school exponentially.

Tips for Diverse Learners

- Fold the graphic organizer accordion style so they can focus on one question at a time on the page. Have them unfold the page to reveal the next part of the assignment.
- Allow students to dictate their responses to a partner or teacher.



Share

5-7 minutes

Review the concept from last month (CARING):

- Name one time this week that you were able to use empathy to put yourself in someone else's shoes.
- How did it feel?
- How did you practice self-care this week?

Our caring unit gave us excellent skills to be used in this unit. When we care for others, we naturally include them in our activities.



Inspire

What is Inclusiveness

7-10 minutes

Inclusiveness is the act of including others, inviting them in, and welcoming them with open arms. How do you feel when you are left out? Have you ever asked to join a game and the other children said no, or worse, they laughed at you? Every time we use kind words and fairness to include others, it makes them feel good inside. Including others is a choice that you make every day. Remember, when we only choose our favorite friends and leave out others, we are being unfair. We are not practicing inclusiveness. Let's brainstorm ways to show inclusiveness throughout our day (you can write the answers on the board if desired):

- How can you show fairness during our math/reading time?
- How can you show inclusiveness on the bus?
- How can you show fairness on the playground?
- How can you show inclusiveness during specials?



Empower

20 minutes

We are going to spend some time learning about our talents and strengths.

Ask students to partner up and ask their partner the questions on the activity sheet (in an interview style). At this time, students do not need to write on the activity sheet but talk through their responses with a classmate. Switch so both partners get a chance to share. Allow 10 minutes for this portion. Circulate around and offer help as needed.

Now that you've had a chance to talk about your responses with a partner, please complete the activity sheet and remember there are no right answers! This is a chance to figure out what makes you you! Allow 10 minutes for this section. Offer dictation assistance to those that may need it.



Reflect

5 minutes

Gather the class back together and review the activity using the following questions:

- How did it feel to focus on you for a change?
- Did you enjoy being interviewed? Why or why not?
- What unique qualities did you discover about your partner?
- How can you be inclusive at recess today?

Trying to include everyone in class can be hard when you have made good friends and enjoy spending time with them. However, we want to create a kind classroom where everyone feels safe and special. Let's work together to practice inclusiveness throughout our day. When you see someone left out, invite them to join you! When you find yourself all alone, seek out other friends to play with. When we are fair and inclusive, everyone in our class enjoys coming to school!



Extension Ideas

- If there is time, extend this activity by having students ask others: What qualities do I have that you like about me? What talents should I develop more?
- At Home Extension: Print out an additional "Who Am I?" worksheet and have each student interview someone at home. As a class, read each sheet aloud and guess which family it belongs to!

RAK Notebook Prompt (See RAK Notebook Project in the Respect unit for more details):

- Glue the child outline below into your notebook. Fill it up with 10-12 positive traits about yourself. What makes you unique? What do you feel most proud of? Use your "Who Am I?" worksheet to help you add things.
- Now decorate the child to look like you. Take your time; your hair, your skin tone, your clothes, and even where you are standing (what area brings you the most joy?) are all valuable details!



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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/>

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Who Am I?

Name

Return by

What you are on the outside and who you are on the inside combine to make up the real you. Answer the questions below to get a full picture of you. Think of it as a snapshot of you today.

Some things I like about myself are:

My best qualities are:

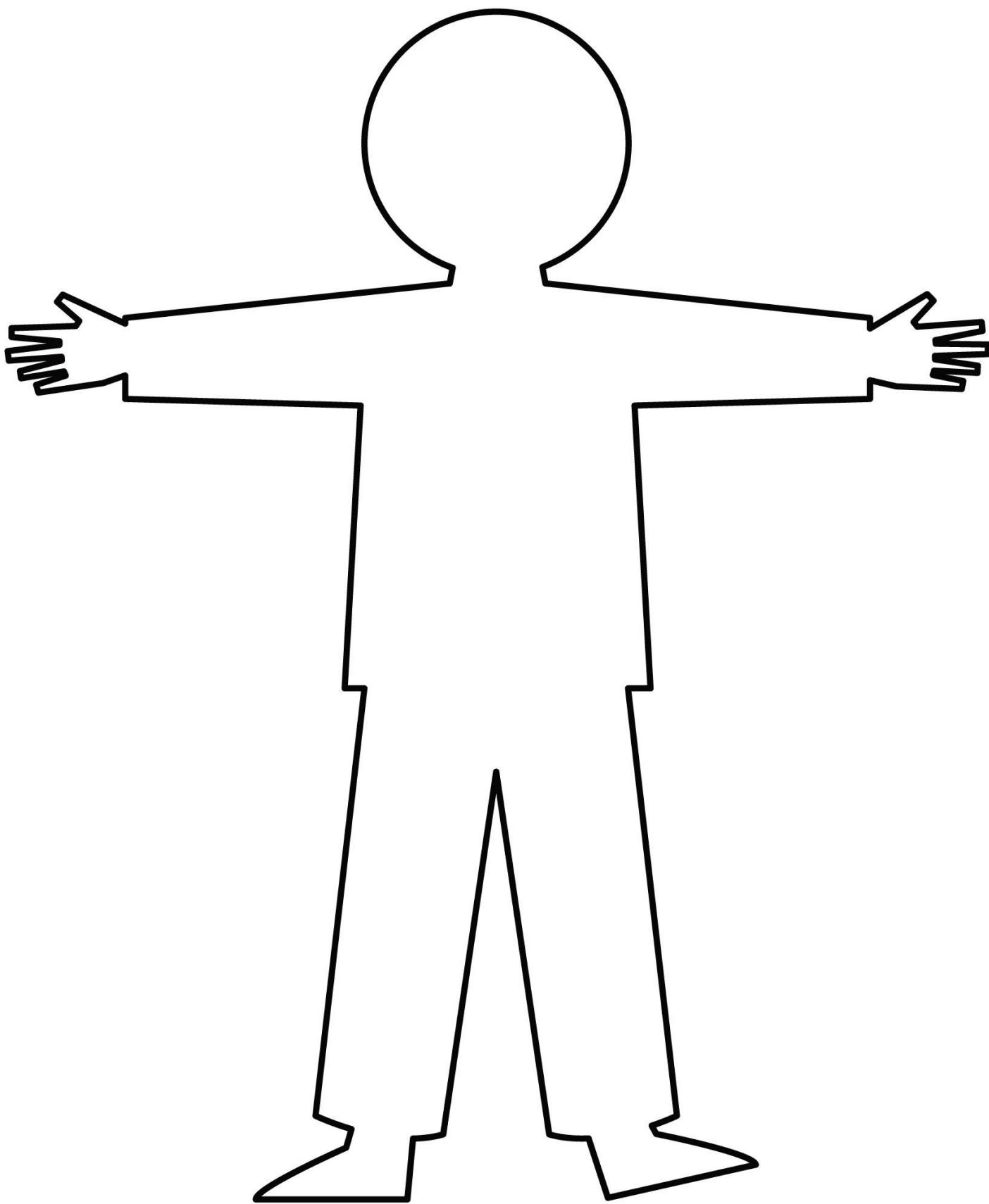
I am good at:

I would like to get better at:

A talent I want to develop is:

My secret dream is to:

Given who I am today, when I grow up, I want to be:



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