

I Can Still Be Me (Lesson Plan)

Narwhals & Waterfalls

Grade Level

PreK-5th Grade

Learning Objective

I can demonstrate self-awareness.

I can demonstrate relationship skills.

Demonstration of Learning

Given the Narwhals & Waterfalls "I Can Still Be Me" worksheet, I can demonstrate self awareness by drawing a self portrait and reflecting on personal qualities.

Given the Narwhals & Waterfalls song, "I Can Still Be Me", I can demonstrate relationship skills through acting out, and dancing to, the song with a partner!

SEL Standards:

Self Awareness
Relationship Skills

Resources:

N&W Song-["I Can Still Be Me"](#)
N&W "I Can Still Be Me" worksheet
N&W "I Can Still Be Me" Slides

Special Note: This lesson plan contains a "Show-and-Tell" portion, so be sure the students and parents know about this ahead of time. Have students bring something that expresses something unique about them.

- **Circle Time**
- **Feelings Check-In** with talking piece
- **Quote of the Day:**
 - "Be yourself. Everyone else is already taken." – Oscar Wilde
- **Discussion**
 - Is it always easy to be yourself? Why or why not?
 - Have you ever been made fun of for being yourself?
 - What makes you stand out from the crowd
- **Explain** that today we will be learning about loving ourselves all the time. In order to be ourselves, we need to love ourselves. And in order to love others, we need to love ourselves no matter what.
- **Listen** to the song "I Can Still Be Me."
- **Show & Tell**
 - Get the item you brought for Show & Tell.
 - Put it behind you until it's your turn.
 - You get 2 minutes to tell us a little about your item.
- **"My Name is/3 Things I Love About Myself" Worksheet**
 - Fill out the top portion of the worksheet- your name and 3 things you love about yourself.
 - When everyone is done filling out the top portion, pass the worksheet around for your classmates to write something they love about you in the box.
- **"Self-Portrait" Worksheet**
 - Draw a Self-Portrait
- Lastly, listen and dance to the "I Can Still Be Me" song!

