

I'm Always Me (Lesson Plan)

Narwhals & Waterfalls

Grade Level

PreK-5th Grade

Learning Objective

I can create a composition that demonstrates self awareness.

I can demonstrate self awareness through art.

Demonstration of Learning

Given the "I'm Always Me Writing Activity," I can create a composition that demonstrates self awareness by filling in the blanks.

Given "I'm Always Me" drawing activity, I can demonstrate self-awareness through drawing my favorite animal, color, book, food, emoji, and activity.

SEL Standards:

Self-Awareness

Resources:

N&W song-["I'm Always Me"](#)

N&W -"What's your Mood Today?" feelings chart

N&W-"I'm Always Me-Writing Activity" worksheet

N&W- "Doesn't Matter 'Cause I'm Always Me" drawing activity

N&W "I'm Always Me" Slides

• Feelings Check-In

- Print out the "What's your Mood today?" feelings chart or display it on your projector screen.
- Have students put a magnet or sticker on their feeling.

• Discussion

- What makes you different?
- Do you like what makes you different, or do you try to hide it?
- Who is someone you look up to? How are they different than everyone else?

• Go through all of the feelings explained in the song "I'm Always Me"- glad, mad, sleepy, quiet, loud, proud and have the students act them all out!

• Imagery Activity

- Ask them some critical thinking questions about the imagery in the song. Such as, "What feeling do you think a caterpillar has when it's still in the cocoon? Or a butterfly when it's flying through the sky? What feeling does a sports player have when they score the goal? Or a singer when they rock out on stage?"
- Show the "I'm Always Me" video on [Youtube](#) as students act out all the emotions and imagery in the video.

• Writing Activity

- Have students work individually, or in small groups, to write their own verse to the song using the "I'm Always Me" writing activity.
- Download the instrumental track (links below) so that they can perform it without vocals on the track.

• Drawing Activity

- Have students complete the worksheet by drawing in their favorite animal, color, book, food, emoji, and activity. Then allow them to share with the class if they'd like.

