



Who Can? I Can!

Materials needed: chart paper, markers, colored construction paper, scissors

Setup: Before class, trace your forearm and hand onto a piece of colored construction paper, then cut it out – this will serve as a model for the group. Prepare a piece of chart paper for the brainstorming part of the lesson. Spread materials out on a space that is accessible to all.

- Quickly ask questions to get the class thinking about their own self-esteem. You may want to ask:
 - What do you like about yourself?
 - What is something you can do really well?
 - What is something you are proud of?
 - What makes you feel happy with yourself?
- Using the chart paper, brainstorm a list of things the students can do. Can they sing, dance, play a sport, etc. Make sure to include the little things students may think of, too. Tie their shoes, ride a bike, do the dishes, etc.
- Once the list is made, review it to see all the things people in this class can do. Continue to add to the list as students think of other things they can do well.
- Ask students to pick several things from the list that they can do.
- Say something like *“How do you let me know you want to answer a question? You raise your hand. We’re going to make paper hands and write the things we can do on them.”* Display the cutout of your arm/hand.
- Pair students, letting one student quickly trace an outline of the forearm and hand of their partner on a piece of colored construction paper. Repeat with another color then trade places.
- Each student cuts out their hands and writes one or more things they can do on the paper hand.
- Display the hands on the classroom wall or on a bulletin board under the heading “Who Can? I Can!”