

Session 1: Introduction

It is important to understand that everyone of us is special in our own way. While we all are different in ways and similar in others, each person has positive and good traits. Over the course of this program we want you to know that there are many things that make each of us special, your talents, skill, your name, your birthplace are just a few examples. For the first part of today's lesson write down a few things that make each of us special. This can be something that makes you special, a member of your family or one of your friends. Just list some things that you think make people special.

Essential Question: What are some of the things that make each of us special?

Session 1 Activity: Pre-test

-Before we begin this program, we are going to ask you to take a test. The test asks you questions about yourself and your opinions about things that are important to young people your age.

-Your answers will be private

-Please answer the questions truthfully. The answers you give are very important and will help us make this program better.

Session 1: Activity: All About me cover

Today we are going to create a cover for our binder that describes you and what makes you special. We are all unique in ways and your cover is going to be a way to show off the special and unique things about yourself.

Supplies needed for activity:

- Blank piece of computer paper
- Crayons or other coloring/drawing utensils

For the cover of your binder you will draw or write the things that are special about you. The following are suggestions for what you should draw or write on your binder:

- A Self Portrait
- Your birthday and birthplace
- Some of your favorite foods
- An activity you enjoy
- Your favorite book
- Your favorite toy
- Your favorite people
- Anything else that makes you special

These are suggestions so you do not have to use them all, but make sure you have fun with creating your binder cover and fill it up the best you can!

Session 1 wrap-up

Today you have learned that we are all special in our own way and that includes you! At the conclusion of each session we would like you to list one thing that you like about yourself. Each answer may be very similar to what you listed that make each of us special in today's essential question, but this is unique to what makes you personally special! Please turn to the last page of the binder and list one thing that you like about yourself, one positive thing about yourself or something that makes you special on line number 1.