



SA 2-3 L3 MY SUPERHERO STRENGTHS

Grade: 2-3

Competency Area: Self-Awareness

Lesson Title: My Superhero Strengths (Lesson #3)

T-SEL Standard: 1.E.2. Students describe their roles and contributions in the different settings in which they participate. Students identify characteristics and habits they have and how they may affect others in their learning community.

Duration: 20 minutes

Materials Needed: ChalkWild erasable backpack + ChalkWild chalk markers + terry cloth

Lesson Directions:

- 1. Introduction:** Begin the lesson by gathering students in a circle. Instruct them to stand up and flex their muscles! Next, explain to students that we all are really good at certain things. These things are also called our strengths.

On the board or on chart paper, create a T-Chart. On one side label it "School" and on the other side label it "Outside of School." Have students brainstorm their individual strengths (things they are good at) in school and outside of school. As students share their strengths aloud, write them down on the T-chart.

2. Drawing Activity: "My Superhero Strengths"

- Instruct students to draw a picture of themselves on the back of their backpack as a superhero. Prompt students that in their drawing they should include pictures/words/symbols to share what some of their strengths are.
- Encourage students to give their superhero a cool name that reflects their strengths. For example, a student named Alex who has a lot of strengths in sports might name their superhero "AthleticAlex."
- Have students color in their superhero drawing.

3. Sharing:

- Invite students to come to the front of the room wearing their backpack on their backs like superhero capes.
- Invite students share their superhero drawings with the rest of the group.
- Encourage students to create their own superhero pose that connects to their strengths (if they are good at soccer their pose might be them kicking a ball, if they are good at reading their pose could be reading a book).
- Allow as many students to share their drawings and poses as time permits.

