

SA K-1 L5 REFLECTION OF WHO I AM

Grade: K-1

Competency Area: Self-Awareness

Lesson Title: Reflection of Who I Am (Lesson #5)

T-SEL Standard: 1.A.1. Students name their personal characteristics and life experiences and have an increasingly accurate basic sense of self. Students are aware of their own likes and dislikes.

Duration: 20 minutes

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

Lesson Directions:

1. Introduction:

Gather students into a circle. Have students turn to the person next to them and share one thing about themselves that their partner might not already know—this could be a favorite hobby, a special talent, a pet, or something unique about them.

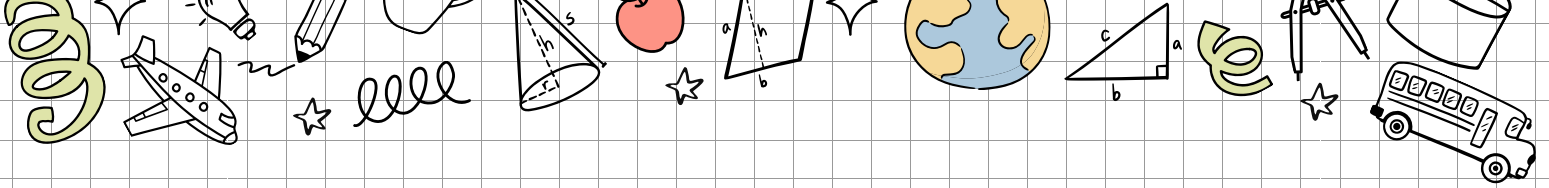
Once everyone has had a chance to share, invite a few students to share aloud what they learned about their partner.

Summarize for students that we all have things about us that make us unique individuals, while also sharing connectings with each other.

2. Drawing Activity: “Reflections of Who I Am”

- Provide each student with a copy of the Reflections of Who I Am worksheet. Direct students to place it into the back of their backpack.
- Instruct students to write their names on the line on the top of the page. Then they should fill in the mirror with pictures and symbols to represent who they are as people, focusing on what they think makes them special and unique.





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3. **Sharing:**

- Explain to students that they are going to play a game called “A Warm Wind Blows!”
- Describe how the game works:
 - One person stands in the middle.
 - The person in the middle will say “A warm wind blows for everyone who...” and will finish the sentence by saying something true about themselves that other students might share too [example: has a pet, likes ice cream, has a brother or sister].
 - Everyone in the circle for whom the statement is also true gets up and quickly finds a new spot.
 - The student in the middle also tries to find a seat.
 - The student left without a seat goes in the middle and starts the next round.





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Reflection of _____

