LABELS

Target: This lesson helps students understand their “real self” and stresses the importance of being proud of ones actions.

Materials: timer/clock, paper, can sheet “real me”, colored pencils

Procedure:

1. Have the students sit in a circle.
2. Explain that we are going to go around the circle and as quickly as possible we are going to say our first names. The teacher will time how long this takes.
3. Do the activity again and see if the time improves.
4. Next go around the circle saying the name of the person to your left. Again, the teacher will be timing.
5. Do the activity again and see if the time improves.
6. Lastly, go around the circle and have students say the name of a cartoon character or a sports figure. Again, the teacher is timing.
7. Do the activity again and see if the time improves.
8. \*\*times should improve on the second chances, but none usually beat the first round, second try of saying your own name.
9. Reflect:
   1. Why could we say our own names faster than the names of someone else?
   2. How easy is it for us to look like someone else? Act like someone else?
   3. What does unique mean?
   4. How hard is it not to compare ourselves to others? Does it help us be our best?
   5. Why is it important to know who the real you is?
   6. Is being the real you easier or harder than pretending you are someone else? Why?
10. Ask students what a label is? Discuss if labels are good or bad.
11. Have students decorate the can labeled “real me.” Have students put things on there that they feel comfortable sharing. Make sure they put things that not only describe what they like, but also who they are at a deeper level (values, personality traits)
12. Share with class.

The Real Me