

Affirmation Mobile

This initial lesson in the Courage unit sets the focus on kindness as the ultimate form of courageousness. This lesson begins with kindness to self through the creation of an affirmation mobile.

Courage Sub-Concept(s)

Kindness

Lesson Timeframe

45 minutes.

Required Materials

- Straws
- Paper Clips
- Affirmation clouds for each student

Standards Map

This lesson aligns with CASEL Competencies, National Health Education Standards, and Common Core State Standards. Please refer to the [Standards Map](#) for more information.



DESIGNATED BY CASEL
AS A RECOMMENDED PROGRAM
FOR SOCIAL AND EMOTIONAL LEARNING.
See last page for details.

Lesson Objective

Students will:

- Create 3-5 personal affirmations to demonstrate kindness to self.
- Explain how it takes courage to be kind to ourselves.

Teacher Connection/Self-Care

Many people associate the term “courage” with being strong, standing up to oppression, and fighting for what is right. While all of these definitions do in fact refer back to various types of courage, there is yet another focus that is equally valuable: the courage to respond with kindness. This unit will focus on kindness as a form of courageous action. Your ability to infuse kindness into your daily life is the most courageous thing you can do for yourself. When your thoughts change, your behaviors change, which ultimately leads to a positive change in those around you as well. This kindness chain reaction starts with you! This week, write out one specifically kind thought about yourself and post it on your bathroom mirror. Repeat it to yourself aloud every single time you read it. At first this may feel awkward and unnecessary. However, the more you hear kind words out loud, the more likely you are to internalize them. How can you be kind to yourself today?

Tips for Diverse Learners

- Allow students to draw a picture of each affirmation.
- Have students dictate their affirmation to the teacher or another student as they write the words on each cloud.
- Provide sentence starter prompts for each affirmation to increase understanding.
- Encourage higher level students to add an additional sentence below their affirmation that provides an example.
- Create a fill-in-the-blank song for affirmations that volunteers want to share, and have the class sing through it a few times. You can use the melody to, “I am free, I am unlimited.” <https://youtu.be/qrETJUjRDIE> Example: I am *brave*, I am *smart*. I can *swing really high*. I am *caring*, I am *good at coloring*. Right now, Right now!



Share

5 minutes

Have the students gather in your circle time or community area.
How can we be responsible...

- *In the kitchen or our bedrooms?*
- *On the bus?*
- *On the playground?*
- *In the cafeteria?*

When we make responsible choices, we are showing kindness to others and our space!



Inspire

What is Courage?

7-10 minutes

Explain that courage means that you are brave when facing new or difficult situations. This unit will focus on courage as it relates to kindness. Being kind requires us to be brave and willing to try something new or difficult with ourselves, others, and even our spaces (like our classroom or school). When we have the courage to be kind, we feel better about ourselves and help others to feel better too!

Explain that there are 3 ways to show courage through kindness:

- **Kindness to Yourself:** It may sound silly, but it takes courage to be kind to yourself. Most of us don't think about how we treat ourselves, but kindness actually starts with the things you say and do to yourself first! If you can't be kind to you, how can you expect to be kind to others?
- **Kindness to Others:** Sometimes it can be very difficult to treat others with kindness. You can be brave and use courage to focus your words and actions on kindness in any situation. Even if others are mean, you can choose to show courage through kindness. You may be surprised to see just how quickly others change when you shower them with kindness!
- **Kindness to Environment (School):** Our school is a terrific place to learn each day. Why? Because each one of us does our part to keep it safe, happy, and welcoming every day. Your courageous choice to show kindness in how you care for the school by treating our materials kindly, respecting our space, and being safe on the playground are all ways that help make our school the wonderful learning environment we have today!

What is an Affirmation?

7-10 minutes

Explain that one way to show kindness to yourself is by using affirmations. Affirmation is a long word that means “kind words”. When you say or read kind words about yourself every day, it helps you feel better about who you are inside. The better you feel about yourself, the more courage you have to be brave in new and difficult situations, like the first day of school!



Empower

15 minutes

Today we will focus on how we can use courage to be kind to ourselves. Explain that each student will create an affirmation mobile using the clouds below. Each cloud has a sentence starter that encourages a different affirmation for students to complete. There are also blank clouds for advanced students to complete additional affirmations as needed.

- Brainstorm some answers using each sentence starter as a class to model the activity.

The best thing about me is _____.

My _____ makes me smile when I look in the mirror!

I like learning about _____.

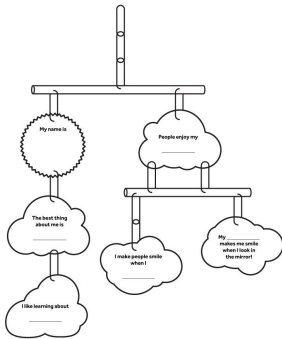
People enjoy my _____.

I make people smile when I _____.

- Have each student fill out each affirmation, adding a picture on the back side of the cloud.
- Assemble the mobiles using the following directions: <http://www.enchantedlearning.com/crafts/mobiles/straws/>

Here is an image for those without Internet access. The straws lie horizontal, passing through the paper clips. Simply vary the number of paper clips to balance out each level of the mobile. Afix the affirmation clouds to the bottom of each paperclip chain.

- Hang your affirmation mobiles above student desks/personal spaces if possible. If not, send them home and encourage them to hang them above their beds to remind them of the courage they have to be kind to themselves!





Reflect

5-7 minutes

After completing the mobiles, encourage each child to read one affirmation aloud to the class.

- Provide positive feedback for students as they share.
- Remind them that just the act of sharing a personal affirmation takes courage!



Extension Ideas

- At home, have each student read one of their affirmations with their parents daily before bed or upon rising in the morning. Every little bit of kindness infused into their day can give them the courage to be kind to others as well!



DESIGNATED BY CASEL
AS A RECOMMENDED
PROGRAM FOR SOCIAL
AND EMOTIONAL
LEARNING.

The Collaborative for Academic, Social, and Emotional Learning ([CASEL](https://casel.org)) has been reviewing evidence-based SEL programs since 2003. Kindness in the Classroom® meets CASEL's SElect Program and is included in the [CASEL Guide to Effective Social and Emotional Learning Programs](#).

Kindness in the Classroom® met or exceeded all of CASEL's criteria for high-quality SEL programming. Kindness in the Classroom® received CASEL's highest designation for high-quality SEL programming.

<https://casel.org/guide/kindness-in-the-classroom/>

**The best thing
about me is**

**My _____
makes me smile
when I look in
the mirror!**

I like learning about

People enjoy my

**I make people smile
when I**

My name is

**RANDOM ACTS OF KINDNESS
FOUNDATION®**

**RANDOM ACTS OF KINDNESS
FOUNDATION®**