



# Be kind to yourself & create an I Am poster.

Art by Makenna, age 10, California, USA



## Get Inspired

### Quote

"Success is liking yourself, liking what you do and liking how you do it."  
*Maya Angelou*

### Fact

Positive self-esteem enables kids to feel good about themselves.



## Shake It Up

Stand up. Touch your toes. Reach high for the sky. Repeat 10 times.  
"I am powerful!"



## Talk It Out

1. Think of the qualities that make you special.
2. Do you feel proud of these qualities?
3. Do you share these qualities with others?
4. How do you feel when you share these qualities with others?



## Do It!

1. Complete the sentence, "I am \_\_\_\_\_!"
2. Write your "I Am" statement on paper or poster board and then decorate your poster.
3. Share your finished poster with your classmates.
4. Proudly hang your poster in your home.

# Be kind to yourself and create an I Am poster.

### SEL Competencies

#### Self-Awareness

Identifying Emotions  
Accurate Self-Perception  
Recognizing Strengths  
Self-Confidence  
Self-Efficacy

#### Social Awareness

Respect for Others  
Appreciating Diversity

#### Relationship Skills

Social Engagement  
Relationship Building

### Timeframe

15 – 30 min

### Materials Required

Paper, pencil, crayons,  
markers or colored  
pencils



### Get Inspired

#### Quote

Invite a student to read the quote.

#### Fact

Positive self-esteem enables kids to feel good about themselves.

[Source: Understood.org](https://www.understood.org)



### Shake It Up

**Get your students moving. Invite them to do the following activity:**

Stand up. Touch your toes. Reach high for the sky. Repeat 10 times. When finished say,  
"I am powerful!"



### Talk It Out

**Encourage your students to reflect on the provided questions.**

1. Think of the qualities that make you special.
2. Do you feel proud of these qualities?
3. Do you share these qualities with others?
4. How do you feel when you share these qualities with others?



### Do It! (as a class + individually)

**Invite your students to do the following:**

1. Complete the sentence, "I am \_\_\_\_\_!"  
(Encourage students to think of one positive adjective such as: kind, healthy, strong, loving, curious, powerful, important, funny, etc.)
2. Write their "I Am" statement on a poster board and then decorate the poster.
3. Once finished, have students share their posters with their classmates. (If students are not finished when the time is up, tell them they can finish their posters after school.)
4. Proudly hang their posters in your classroom or invite them to hang them at their home.