



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](#)



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.