



## Affirmation Box Identity Discovery Weekly Series with Rishita

### Instructions:

Check out this sample lesson plan and activity ideas for inspiration, ideas, and more. Feel free to edit, delete, or highlight to make it your own! These notes are yours to customize. They will not be published anywhere such that you're held to teaching exactly what's here.

### Topics

affirmations, love, gratitude, identity, appreciation, growth

### Lesson Ideas

Lesson Title

Affirmation Box Identity Discovery Weekly Series

Duration

1 hour

Lesson Plan

1. Introduction to Affirmations (10 minutes)

- Welcome the kids and introduce the theme of the session: "Affirmations and Identity Discovery."
- Briefly explain what affirmations are and how they can positively impact our thoughts and feelings.
- Discuss how affirmations relate to love, gratitude, identity, appreciation, and growth.

2. Creating Personal Affirmations (15 minutes)

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- Distribute paper and pencils to each child.
- Encourage kids to think about aspects of themselves they are proud of and list at least three affirmations focusing on love, gratitude, identity, appreciation, and growth.
- Help them start with prompts like "I am grateful for...", "I love...", "I appreciate my ability to...", etc.

## 3. Making an Affirmation Box (15 minutes)

- Provide each child with a small box or container.
- Supply decorative materials like markers, stickers, and colorful paper.
- Instruct the kids to decorate their boxes with words and images that represent positivity and their affirmations.

## 4. Sharing & Reflection (10 minutes)

- Invite the children to share one affirmation they wrote with the group.
- Discuss how hearing positive affirmations from peers feels and the importance of expressing kindness and appreciation for oneself.

## 5. Closing Activity – Affirmation Circle (10 minutes)

- Gather the kids in a circle.
- Instruct each child to say one positive affirmation aloud while passing their affirmation box around the circle.
- Encourage everyone to listen and reflect on each other's words.

## Materials List

- Paper and pencils
- Small boxes or containers for each child
- Markers and stickers
- Colorful paper

## Adaptations for Different Ages

- Younger children may be given starter sentences for their affirmations.
- Older children can be encouraged to write more complex affirmations and explore deeper aspects of identity and growth.

## Movement Break

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- Halfway through the session, lead a quick 5-minute stretch or a simple dance routine to re-energize the kids and keep them engaged.

## Bonus Activities

- Suggest the kids write a new affirmation each day and place it in their box, to be shared in future sessions.
- Encourage them to draw a picture that represents their favorite affirmation and bring it to the next class for a show-and-tell.

## Series Outline

- **\*\*Week 1: Introduction to Affirmations and Self-Discovery\*\***
  - Discuss what affirmations are and how they work.
  - Create personal affirmation cards using art supplies.
  - Practice saying affirmations in pairs and discuss feelings.
- **\*\*Week 2: Understanding Love and Kindness\*\***
  - Read a story or watch a short video about love and kindness.
  - Create a "Love Chain" with paper links describing ways to show love.
  - Role-play scenarios of kindness in pairs or small groups.
- **\*\*Week 3: Exploring Gratitude\*\***
  - List things they are grateful for and share in a group.
  - Start a gratitude journal with daily entries.
  - Create a "Gratitude Tree" where each leaf is a note of thanks.
- **\*\*Week 4: Identity: Who Am I?\*\***
  - Draw self-portraits and add personal interests or strengths.
  - Write "I am" poems focused on positive self-attributes.
  - Share cultural backgrounds or family traditions through show and tell.
- **\*\*Week 5: Practicing Appreciation for Others\*\***
  - Create thank-you cards for teachers, friends, or family members.
  - Hold a circle of appreciation where students compliment each other.
  - Discuss ways to appreciate differences and diversity.

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- **\*\*Week 6: Growth Mindset and Learning from Challenges\*\***
  - Introduce the concept of a growth mindset with examples.
  - Share stories of overcoming challenges and what was learned.
  - Plant seeds as a metaphor for growth and perseverance.
- **\*\*Week 7: Embracing Creativity and Expression\*\***
  - Explore different art forms: drawing, music, dance, etc.
  - Create an "Affirmation Collage" using magazines and other materials.
  - Encourage free expression in a creative writing or art activity.
- **\*\*Week 8: Confidence Building Exercises\*\***
  - Practice public speaking with short presentations on favorite topics.
  - Create a "Confidence Wall" with positive messages from classmates.
  - Simulate a talent show to celebrate unique skills and talents.
- **\*\*Week 9: Building Empathy and Understanding\*\***
  - Participate in empathy-building games or activities.
  - Discuss emotions and how to manage them effectively.
  - Encourage storytelling about personal experiences and listen actively.
- **\*\*Week 10: Reflection and Celebration of Identity Journey\*\***
  - Reflect on personal growth with an "Affirmation Box" review.
  - Host a showcase presenting projects or performances from the series.
  - Celebrate achievements and set intentions for continued personal development.

For additional support, reference this [experience outline template](#) which includes tips and prompts to help you develop and lead an excellent Grasshopper Kids experience.

*Note: This lesson plan outline was drafted by Hopper. If you would like to see different results, you can [submit another idea](#), or text us with feedback so we can work to make the algorithm better. We built this tool to help save you time in bringing more kids enrichment experience ideas to life!*

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