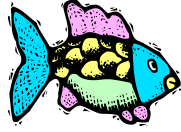


Self-Confidence Development & Making Friends



Grade:

- Pre-K/EC

Goals & Objectives:

- Students will learn about self-esteem & feelings.
- Students will appreciate their uniqueness.
- Students will learn about how to be a good friend

Materials:

- Book: [*The Rainbow Fish* by Marcus Pfister](#)
- Die-cut fish, foil scale, & crayons

Lesson:

- Show book or video of ***The Rainbow Fish***—make predictions
- Read book or play video
- Discuss book:
 - Discuss how Rainbow Fish was feeling in the story.
 - Talk about how Rainbow Fish looks on the outside is not what makes him feel good about himself on the inside.
 - Discuss how what we feel inside and what we say to ourselves and others is what makes us feel good.
 - Giving of ourselves to others can make us feel wonderful!
 - Discuss how looks are a teensy part of what makes us special---but that our spirit, mind, and heart are what matter most!
 - Talk about positive/negative self-talk to increase/decrease our self-esteem.
 - Discuss accepting self/others despite differences.
- Students will learn about how to be a good friend
 - Sharing
 - Taking turns
 - Manners
 - Supporting each other
 - Using kind words & actions
- Discuss warm fuzzies versus put-downs cold pricklies

Activity:

- Decorate die-cut fish with a shimmering scale of foil