

Global Book Bag



Title: Sulwe

Author: Lupita Nyong'o

Grade Levels: 3rd - 5th

Global Competence:

In *Sulwe*, Sulwe learned to love herself for who she is and learned to love how she looks. People of all colors and shades are beautiful and needed in this world.

In this activity, you will make a Self Affirmation Mirror so you can always remind yourself that you are enough and beautiful the way you are.

Pre Reading Questions

1. Have you ever felt self-conscious or uncomfortable with how you look?
2. What can you do to feel more confident when you are self-conscious?
3. Who makes you feel better when you are feeling self-conscious?
4. Have you heard someone make fun of the color of someone's skin, hair or weight? What can you do if you see that happen?

Post Reading Questions

1. People at Sulwe's school made fun of her for the color of her skin. How did this make Sulwe feel? How did it affect her self-confidence?
2. Sulwe's mom tells Sulwe, "Real beauty comes from your mind and your heart. It begins with how you see yourself, not how others see you." Did Sulwe see herself as beautiful? How did that change?
3. You are beautiful just the way you are. What about you makes you beautiful inside and out?
4. How do you celebrate your beauty?

Bag Contents:

- Aluminum foil (pre-cut for younger students , one approximately 6"x7" piece per student)
 - Black construction paper
 - White color pencils
 - Glue
 - Affirmation template with "The world needs me exactly as I am! "
 - Printouts of [101 Affirmations for Kids](#)

- Scissors (3-5)

Directions:

1. Prior to the activity, staff should cut pieces of aluminum foil for each of the younger students. The pieces should be about 6" x 7" to give students enough space to write on the borders of the mirror.
2. Older students can be given a piece of aluminum foil and cut it how they want.
3. Introduce the activity using the book. Talk about affirmations and why it is important to give ourselves pep-talks (self-confidence, improve self-esteem, improve mood, etc.)
4. Students glue aluminum foil to the black construction paper and smooth it out as much as possible to make it more reflective.
5. Writers can add their own self-affirmations on the mirror, non-writers can decorate the border to their choosing.
6. Clean up the materials.
7. Reflect.

Extended Learning:

1. Make a bulletin board that has pictures of students of what they look like on the inside and on the outside.
2. Discuss what it means to "Recognize the value of each person in a global community."