Lesson: Great Things About Me!

Person-centered Planning is built from a foundation of our strengths. Those things that we possess within us that make us unique. We know it is largely our strengths that make us successful.

Purpose: Students will participate in various means of discovery to uncover their own unique gifts and strengths.

Goals of this lesson:
1. Students will realize, through their own introspection and from the perspective of their peers and teachers, characteristics that are uniquely special to them.
2. Students will learn and practice how to identify and express the qualities they value in others by providing compliments.

Supplies: Large, White Post-it Paper (preferably 25 inches x 35 inches), different colored washable markers

Discussion: Provide an example of a person that everyone knows. This could be someone who is famous, someone in your school, or a volunteer from the class. Get students thinking about all the ways people are unique. Here are some example prompts:

- What are some great things about _____?
- What do you think people like or admire about this person?
- What are some things that this person is good at?
- What do you think this person is proud of (Tip: Think about this person's interests, their job, their relationships etc.)?
- What compliments do you think the person receives?

Directions:
1. Hang large, white, flip chart paper around the classroom, one for each student
2. Provide each student with a washable colored marker
3. On the top of each paper write, "Great things about (the student's name)"
4. Have all students go around the room and write at least one thing they like and admire about each student on that student's paper, including on their own.

Closing Round:
Dig Deeper and have students review their list of "Great things about" and identify and share one thing listed that is *Most Important To* that student. "Important to" refers to things we want/need to be present in our lives to be satisfied, content, comforted and happy.

Student Example:

Frank ~~At~~

Like and Admire

Nice   Smart ✓✓
Uplifting   Polite — kind
Knowledgeable about Politics
kindhearteded
Polite   inquisitive
good manors   intelligent
loves movies
- Awesome
- Compassi~~onate~~ good at compliments
funny ✓   passionate about morie's & Politics
              good at making new friends
Maticulous   ~~like~~ dog's and cat's I guess
              great movie critic
              Cool classmate   ✳ intersting
                                ✳ ingage
                                ✓ active listener

Important To Me:
Seeing people compassionate
not upset only in movies