be nice.: Little Jar of Strength

Objectives:

1. Students will learn how they can notice the good in someone.
2. Students will notice the good in others, and be empowered by their own jar.

Materials*:*

- Jar (can be plastic cup or any type of container)

- Markers/Pens/Pencils

- Stickers, anything to decorate with

- Slips of paper

Motivation*:*

Discuss with the students how it feels when they receive compliments, especially ones about their personalities, or how they uplift someone. How does it make them feel?

Development:

Have the kids begin by brainstorming on own pieces of paper. Tell them to think about people in their class, and write down things that they notice. What is good about their classmates? What are some good things they have seen someone do? Write some ideas on the board: You make me laugh, you're always helpful, I noticed that you helped ____, you're really good at ____, etc.

Have each student decorate their jar/cup, and write their name on it. Instruct the class that they will go around to each desk and write a note of empowerment to each student. It doesn't have to be long, just a word, or a sentence or two about the good things they notice in each student. Reinforce that these are good notes – imagine what you would want to be in your jar! Play some music and give the students 30 seconds – 1 minute for each jar, and rotate until they get back to their own.

You could have the students take the jars home, or have them somewhere in the classroom where students can easily access them.

Closure*:*

Have the students think about what they wrote, and then imagine what's in their own jars. Discuss: Why is it important to notice the good in people? Should you tell them when you notice the good? Why or why not? When you notice the good, what else might you notice (i.e. when something is not right/when a change occurs)? Can you recall a time when

someone noticed that you weren't feeling yourself? When are some times that you may want to open your jar?

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