

## be nice.: Dear Empowering Person

*Objectives:*

1. Students will learn how to identify people in their life who empower them.
2. Students will express their gratitude in a letter.

**Materials:**

- Pen/Pencil
- Paper

**Motivation:**

Review with the students what the word “empower” means. Have the students brainstorm situations where empowering words/phrases would be helpful. Ex: having a bad day, doing good on a test, feeling angry with a friend, etc..

**Development:**

Have the students write down five people in their life that make them smile -- friends, teachers, family, classmates, etc.. Then have the students circle three of those people who empower them through words of actions. Have the students pick one of those three people, and write down specific ways that person helps them. Finally, give the students 10 minutes to write a letter to that one person, telling them why they are grateful. Art could be another expression of this, if they would rather show their thanks that way. The students can choose to give this letter to the person or keep it for themselves.

**Closure:**

Ask the students to share who they chose, if they are willing. Discuss:

- Why is it important to have empowering people in our lives?
- Do you think it's good to let these people know that we appreciate them? Why?
- What if someone doesn't have many empowering people in their life? What can we do?