

## be nice.: Empower each other

### **Objectives:**

1. Students will learn how to empower their classmates, and themselves in the process!
2. Students will write their name on the top of a paper and pass it around the room. By the end of the lesson, they will have empowering statements from everyone in the class, and they will write an empowering statement for everyone in their class!

### **Materials:**

Notebook paper  
Pencils/pens

### **Motivation:**

Talk to the students about what it means to empower someone. Empower means to give power to someone. Discuss ways to empower people and write these ideas on the board. Then discuss empowering statements and write some examples on the board. Emphasize how students can always empower others, even if they are not good friends with that person.

### **Development:**

Tell the students to write their name on the top of a sheet of paper. The students will then pass their paper one place ahead/beside them, and they'll have 2-3 minutes to write an empowering statement or an affirmation for the name on the top of the page. Continue this until students receive their own papers back.

### **Closure:**

Discuss the activity with your students.

- Ask if any students would like to share some of the empowering statements they received.
- Do you feel more empowered after this activity?
- Do you believe the statements and affirmations that were written about you?
  - Is it harder to affirm yourself, or others?