

Objectives:

Students will identify, through discussion, ways to empower others.

Materials:

1. Chart paper
2. Marker

Motivation:

Define empower for the students. **Empower is to give power to someone.** Write the definition on the top of a piece of chart paper. Ask the students to think about what empower means to them and to think of an example of empowerment.

Development:

Tell the students that, as a class, you are going to be talking about different ways to empower someone. Start the discussion by asking the students to share what empowerment means to them.

Other questions that can be posed would be to ask the students if any of them have been empowered by someone, or have empowered someone. Have those students share how they felt. The teacher should write down the responses that the students provide throughout the discussion. The teacher should end the discussion by having the students identify how they personally can empower someone.

Examples: Ways to empower someone else

- Giving compliments
- Encouraging
- Supporting one another
- Cheering someone on
- Listening

Examples: Ways to empower yourself

- Giving compliments
- Positive self-talk
- Standing up for yourself

Closure:

The teacher will tell the students that the chart paper with all of their empowerment ideas is going to be hung up in the classroom to help the students remember to empower others!