

be nice.: Empowerment Shield

Objectives:

1. Students will learn what the word empower means.
2. Students will create their own empowerment shield (attached, or can be redrawn on a larger sheet of paper) to help empower themselves against negativity

Materials:

Empowerment shield
Markers/pens
Scissors

Motivation:

Talk to the students about what it means to empower someone. Empower means to give power to someone. Discuss ways to empower peers 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 necessarily friends with that person. Discuss how saying statements like these are positive and how they follow the be nice. action plan

Development:

Each student will receive their own shield. They are then free to decorate the shield with statements, words, or pictures. Each student can keep their shield on their desk, in their locker, or wherever it will be most helpful to them! Or, the shields could be hung up around the classroom!

Closure:

Discuss this lesson with the class.

- Give some students a chance to share their shield with the class
- What is your favorite empowering statement?
- Will you be able to use this shield?
 - When things are tough
 - When people say mean things to you
- Can you share this with a trusted adult in your life?
- Do you feel like you can say these to your classmates? Would that help you to be nice?
- Discuss the previous letters of the be nice. action plan
 - What do all of the letters stand for?

