



Empower Magnets

OPTIMAL GRADES: All – K-12

be nice. ACTION PLAN focus: empower

DIRECTIONS:

Order Materials:

- Little canvases for your class
 - https://smile.amazon.com/gp/product/B012AWFWVM/ref=ppx_yo_dt_b_asin_title_o02_s00?ie=UTF8&psc=1
- Magnets for the back of the canvas
 - https://smile.amazon.com/gp/product/B06XYLCSQ3/ref=ppx_yo_dt_b_asin_title_o01_s00?ie=UTF8&psc=1
- Fine tip sharpies

Get Set Up:

- Look up inspirational quotes, phrases, words and/or images for ideas for class

Activity:

- Give each student 2 canvases
- Define empower to the group
 - empower = to give power
- Have students give examples of how to empower others (encourage others, complimenting, listening, motivating, saying nice words) BUT it is also important to empower yourself
- Explain to the group that they will be making empower magnets – one for themselves and one to give to someone else
 - Show them the ideas you found of motivational words/phrases – they can use one of your examples or come up with their own
 - With younger students you can have them just draw a picture that makes them happy/feel good

