OBJECTIVE:
Children learn about what makes them special and unique.

INTRODUCTION:
Watch [this video](#) for an overview of Day 3’s exercises by Ashlyn.

ACTIVITY:
Children will do a self-esteem and words of affirmation art activity. This activity can be done in multiple ways. Have children trace or draw a life size outline of themselves using sidewalk chalk, draw an outline of themselves on paper, or use the I AM Poster on the next page. Inside their drawing, have children write words or draw pictures that describe their unique and special characteristics (such as, kind, caring, smart, funny, etc.). This piece of art will become a masterpiece of what makes each child special! Once children are done, have them share their drawings. Use the following questions and prompts to facilitate discussion:

“What did you draw or write?”
“What makes you special and different?”
“Can you tell me about a time when you acted this way?”

Encourage children with words of affirmation as they describe their portraits:
- “I remember when you acted () by doing ()”
- “You were an amazing friend when ()”
- “I appreciate when you () ”

READ ALOUD SUGGESTIONS:
- I Am Enough by Grace Byers
- The Dot by Peter H. Reynolds
- Thelma the Unicorn by Aaron Blabey
- Stand Tall, Molly Lou Melon by Patty Lovell

DAILY MINDFUL MINUTE
Gratitude:
Make a list of all that you are grateful for. You can build this list day by day and add something each day if you want. Share your gratitude list with those you love and display it somewhere as a reminder to be mindful of all that you have in your life.
I AM...
I AM...
Building social emotional learning and mindfulness is essential for children’s development at all ages. These daily activities allow opportunities for children to build character but also lead to meaningful conversations together at home. Each of the lessons features a daily topic focus that includes an introductory video for the child, an engaging activity, read aloud suggestions and a mindfulness moment for the day.

Developed by Ashlyn Ellsworth

Meet the Developer
Ashlyn Ellsworth is a creative and energetic 3rd grade teacher from Phoenix, Arizona. Ashlyn has been teaching for 13 years with most of her experience in the primary grades. In addition to teaching full time, Ashlyn is also a designer and teacher author of The Creative Classroom. She enjoys sharing her creative classroom ideas, modeling how to build positive classroom environments and engaging students with classroom management strategies. Ashlyn has developed Mindful Minutes which are social emotional units for the classroom to help build character and mindfulness every day.