

# I Am Awesome

WRITTEN

To help students practice self-awareness, drawing, and verbal expression by identifying three things that make them special and sharing them with the group. This activity promotes positive self-image and confidence.



## Learning Intentions

I can practice self-awareness by identifying and reflecting on the things that make me special:

• This helps students understand their unique qualities and feel proud of who they are.

I can improve my drawing skills by creating a picture of myself in the centre of the page:

This encourages students to express themselves visually while developing their fine motor skills.

I can enhance my verbal expression by sharing three things that make me awesome with the group:

This encourages students to practice speaking about their strengths and feel confident in sharing with others.



## Success Criteria

I can draw a picture of myself in the centre of the page:

This ensures that students are actively engaging with the creative process and reflecting on themselves.

I can think of three things that make me special and write or dictate them clearly:

This promotes self-reflection and verbal communication, helping students express positive traits about themselves.

I can share the three things that make me awesome with the group:

This encourages confidence in self-expression and reinforces positive self-esteem through sharing.



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## Objective:

To help students practice self-awareness, drawing, and verbal expression by identifying three things that make them special and sharing them with the group. This activity promotes positive self-image and confidence.



**Players:** Ideal for 4-20 students.

## Materials:

- Paper and crayons, markers, or coloured pencils for drawing.
- Optional: Stickers or other materials to enhance the drawings.

**Time Required:** 10-15 minutes.

## Setup:

Ensure students have enough space to draw comfortably. Provide them with materials such as paper, crayons, or coloured pencils. You can also offer examples to inspire them, such as "What are three things that make you awesome?" or "What do you love to do?"

## Gameplay:

### 1. Introduce the Game:

Explain to students that they will be drawing a picture of themselves and thinking about three things that make them special. Encourage them to think about activities, qualities, or strengths they have, such as being good at a hobby, being a good friend, or something they enjoy doing.

### 2. Start the Drawing:

Ask students to draw themselves in the centre of the page. This could be a simple portrait, and they can include details that represent their unique qualities (e.g., holding a dancing pose, with a book, or with a pet).

### 3. Write or Dictate Special Qualities:

Once the drawing is complete, ask students to think about three things that make them awesome. This could include traits, talents, or things they love to do. They can either write these on the page (with assistance if needed) or dictate them to a teacher or peer to write for them.

### 4. Sharing with the Group:

After everyone has finished their drawings and written or dictated their qualities, invite students to share what makes them special with the group. They can explain their picture and the three things that make them awesome. Encourage positive listening and feedback.



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## 5. Encourage Confidence:

Remind students to be proud of their qualities and express themselves confidently when sharing with others. This helps build self-esteem and encourages a supportive environment.

## Winning the Game:

There is no winner in this game. The goal is for students to practice self-awareness, creativity, and verbal expression while celebrating what makes them unique. Success is measured by participation, self-expression, and the ability to share positive qualities with others.

## Family or Classroom Variation:

In a family or classroom setting, students can create a "Wall of Awesomeness," where all the drawings are displayed for everyone to admire. This can be a great way to celebrate each student's uniqueness and build a positive classroom or family environment.

Alternatively, students can work in pairs, sharing their qualities with each other before presenting them to the group.

## Additional Notes:

"I Am Awesome" is a powerful activity for helping students reflect on their strengths and develop a positive sense of self. It encourages self-expression, boosts self-confidence, and provides a fun way for students to celebrate who they are. The activity can be revisited regularly to help students continue to recognise their growth and accomplishments.

