



Rio Grande Educational Collaborative

Before and After School Program Lesson Plan

TITLE OF LESSON: Charging your Battery _____ **DATE:** _____
SITE NAME: _____ **CLASS SIZE:** _____
NAME(S) OF INSTRUCTOR: _____
CREDIT: (ie: website, pinterest,) _____
NM COMMON CORE: (SEL Standard) Insight 2B. Student recognizes personal strengths
CASEL standard: Self-Awareness__

LEARNING OBJECTIVES:

Students will understand the following: (What students will be learning)

1. This lesson will help students continue to explore their strengths and create a personal affirmation to help build additional strengths.
2. Students will be able to identify at least 3 personal strengths.
3. Students will be able to understand how to use affirmation statements to increase self-confidence.

ACTIVITY:

Instructional Sequence: (Step by step instructions, should another instructor pick up and teach the lesson successfully)

1. Ask students how they know when a cellphone battery is getting low on battery charge (Answer warning message comes up stating that its 10% battery life)
Begin by sharing some background with students.
 - a. Some Background:
 - i. Even with great talents, someone with low self-esteem can't get very far. It would be like having a nice car without any gas (or a cell phone with no charge). On the other hand, some people who have physical limitations have achieved great things due to their self-confidence.
 - ii. Examples: One of the greatest scientists living on the planet today, Stephen Hawking (ALS) -- A theoretical cosmologist and physicist, Stephen Hawking is the director of research at the Centre For Theoretical Cosmology in the University of Cambridge today.
 1. Stevie Wonder-Musician (blind)
 2. Marlee Matlin-Actress (deaf) Andrea Boccelli-Tenor, musician, writer and musical producer of Italian origin, Audrea Boccelli has sold more than 75 million records (blind)
2. Distribute the *Charging Your Battery handout*.
3. Explain to the students that this handout is a visual aid to help them think about their own areas of life -the left hand side is like when their cell phone needs a battery charge.
4. What are some areas in their life that they feel they need to work on?
 - a. Write down a few items.
5. On the right side of the sheet, list areas of your life that you feel confident about---just like when the cell phone is fully charged.
6. At the bottom of the handout, create an affirmation statement to increase your ability to improve your confidence and self-acceptance in areas of your life that you are currently insecure about.
 - a. Give students some possible examples:
 - ▶ I can do this.
 - ▶ I am successful
 - ▶ I am not going to give up.
 - ▶ I am a hard worker

2. Invite students to share their personal affirmations.

MATERIALS:

The following materials or equipment needed for this lesson: (Include special equipment request)

1. *Charging your battery* handout (Google)

SIGNATURE: _____ **DATE:** _____

SITE SUPERVISOR'S SIGNATURE: _____ **DATE:** _____

INSTRUCTOR'S REFLECTION:

Reflection on the lesson given:

1. How many students participated in the lesson given? _____
2. Name(s) of instructors participated. _____
3. How long did your lesson take? (Amount of time) _____
4. How did the students feel about the lesson? _____
5. Did the students like the lesson? _____
6. What part of the lesson did the students like? _____

7. What part of the lesson did the students not like? _____

8. Were the students interested in the topic of the lesson? _____
9. Was the content of the lesson difficult for the students? _____
10. What could you have changed to make the lesson interesting? _____

11. Did you have any trouble getting your lesson together? (Idea & Materials) _____

12. How do you rate your lesson? (1-10) Why? _____

SITE SUPERVISOR'S REFLECTION:

Reflection on the instructor's lesson:

1. How many students participated in lesson? _____
2. How many instructors participated in lesson? _____
3. Did the students enjoy the lesson? _____
4. What part did the students enjoy? _____

5. What part did the students NOT enjoy? _____

6. What could have been changed to make the lesson interesting? _____

7. Was the content of this lesson difficult for students to understand? Why? _____

8. What part of STEAM or literacy was used? (Science, Technology, Engineering, Art, Mathematics or Literacy)

9. Comments: _____
