**Activity/Lesson**:

**Source:**

**Theme**:

**Benefit of Activity:**

**Recommended Age Range**:

**Group Composition (e.g. 1:1, small group, large group)**:

**Time needed for Activity/Lesson:**

**LPH Level of Involvement:**

**1 -** Teaching and sharing song LPH

**2 -** LPH song with additional practices and activities

**3 -** LPH song with Calligraphy field, teaching Tao Calligraphy

**Goals (not limited to 3)**

2)

3)

**Materials:**

**-**

**-**

**-**

**Advance Preparation Needed:**

**Description of the 6 parts of the Activity/Lesson:**

* **Meet and Greet (Introduction)**
* **Short teaching of activity/lesson**
* **Yin Practice**
* **Yang Practice**
* **Sharing Time**
* **Gratitude**

**Examples of types of Reflective Questions to ask:**

Example of a Lesson Plan

**Activity/Lesson**: **I AM A Superstar!**

**Source: Susan Howson**

**Theme**: Self-esteem

**Benefit of Activity**: This activity empowers children to make use of the healing powers of positive self-affirmations. Self-affirmations help children to build social and emotional resources to cope with the issues they are dealing with. They also help with feeling positive attitudes and values needed to achieve goals and solve problems. It is a reminder of their worth and ability to achieve regardless of their situation.

**Recommended Age Range**: Six to Fourteen

**Group Composition**: Individual, Group

**Time needed for Activity/Lesson:** 1/2 hour - 1 hour depending on group

**LPH Level of Involvement:**

**1 -** Teaching and sharing song LPH

**2 -** LPH song with additional practices and activitiesX

**3 -** LPH song with Calligraphy field, teaching Tao Calligraphy

**Goals**

1) Encourage focus on positive things about themselves

2) Increase values vocabulary

3) Increase awareness of positive things about themselves

4) Recognize that self-worth is inside, not outside, of themselves

**Materials**

* Wooden/cardboard/foam photo frames (1 per child)
* Decorating supplies such as: Glitter, markers, glue, shapes, stickers
* Affirmative words written on paper, such as: Caring, nurturing, unique, smart, funny, responsible, etc. (words available from Susan)

**Advance Preparation:** Cut out affirmation words for child to glue onto frame.

**Description of the 6 parts of the Activity/Lesson:**

* **Meet and Greet (Introduction) -** Say hello and let everyone know how grateful you are to be with them. Short introduction of who you are.
* **Short teaching of activity/lesson -** Explain to the child/ren that they are going to make a photo frame of words that describe themselves the most, what they would like to feel more of, what they would like to be more like, what is important to them, help them feel love, peace and harmony in their hearts.
* **Yin Practice -** Have child/ren close their eyes, put one hand on their heart and one hand on their belly, just below their belly button. Have them breath in deeply 3 times. Have them feel the wonderful treasures in their heart, the Superstar that they are.
* **Yang Practice -** The child/ren decorate their photo frame with the available materials and glue affirmations around the frame. A photo of the child goes in the frame so the child/ren are able to connect the positive attributes with themselves.
* **Sharing Time -** A discussion can focus on which words were chosen, reinforcing the positive affirmations (for example, “I know you are responsible because….”), asking child/ren to give examples of the words they chose, what they know of other children.
* **Gratitude -** Have child/ren put their hands on their heart and say thank you to their heart for showing them what a Superstar they are and helping to bring more Love Peace and Harmony into their hearts

**Examples of types of Reflective Questions that can be asked:**

“Tell us about the words you chose”

“What are your favorite words?”

“Which words describe who you are?”