

"One" Lesson Summary

This page is intended to simplify the details of the lesson for ABC readers and classroom teachers.

This lesson focuses on the power one person can have, unity, growth mindset and second chances.

Key Concepts

- Bystander intervention: The power of one individual to make a positive impact.
- Empathy and inclusion: Understanding others, creating a sense of belonging.
- Resilience and hope: Demonstrating the possibility of positive change.

Learning Objectives

Develop empathy, courage, and a sense of responsibility for creating positive change.

Conversation Starter

- Feelings Count: Students explore their emotions through creative expression and discussion. The concept of "upstanders" is introduced as students learn to recognize and respond to the emotions of others.

Read the Book and Discuss

Focus on the book's visual and textual elements, on character actions and emotions. Guided discussions explore character traits, empathy, bullying, and bystander intervention. Students are encouraged to connect the story to their own experiences and reflect on the power of individual actions.

Activities

- One Envelope Activity: Students receive envelopes containing the number "one," symbolizing their potential for positive impact.
- Colored Feelings Activity: Students explore and express their emotions through color and visual representation.
- Guess My Emotion Activity: Students practice recognizing and expressing emotions through facial expressions and body language.

Closing

Students reflect on their power to create positive change, emphasizing empathy and kindness. Positive affirmations are shared to boost self-esteem.

Schoolwide Extension

- Collaborative Art Project: Create a shared symbol of unity.
- Community Showcase: Highlight positive impact stories.
- Service Learning: Engage students in community service projects.

Overall Message

This lesson aims to promote empathy, self-awareness, and fosters a sense of belonging and empowerment for students.