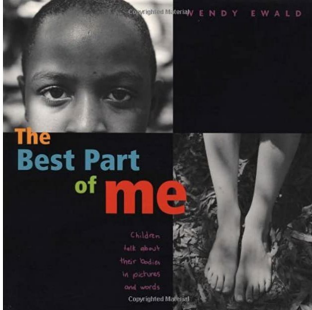


Core Competencies – Positive Personal and Cultural Identity –The Best Part of Me

Curriculum: Core Competencies – Positive Personal and Cultural Identity	Learning Goals: -Student can identify individual characteristics -Student can describe and demonstrate pride in their positive qualities, characteristics, and/or skills
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Materials
-Book: The Best Part of Me by Wendy Ewald https://www.youtube.com/watch?v=a6SGIDiSJk8 -Blank paper -Pencil -Colouring materials (crayon/pencil crayon/markers)

Activities
- Read The Best Part of Me by Wendy Ewald

-What is the author's message? Why is it important to like yourself? -Liking yourself will help you create a positive self-identity and positive self-image. -What is self-identity? Self-identity is the characteristics, qualities, and abilities we use to define ourselves. What is self-image? Self-image is the way you view or think of yourself, your abilities, and your appearance. Positive self-identity and positive self-image will help to boost confidence and self-esteem which in turn enhances your mental well-being. -Naming the best part of you will help you create a positive self-identity and positive self-image. What is the best part of you? Make a list and pick one (hair, eyes, skin, arms, etc.). Think of the reasons why this is the best part of you. -Fill out The Best Part of Me Planning Page with reasons why (see the examples at the bottom for sentence starters). Use complete sentences. If you are stuck here... re-watch the book for inspiration. -Take a photo of the best part of you! If you have access, print this picture to glue to the box on The Best Part of Me page. Otherwise, use draw the best part of you in that box.
Extension: Share this story and the best part of you with someone in your home. Ask them what the best part of them would be and why.

The Best Part of Me (planning page)

The best part of me is my _____.

Reason 1: _____

Reason 2: _____

Reason 3: _____

Examples:

This part helps me to ...

It's the best because ...

I'd never change this part of me because ...

With my _____ I can ...

If I didn't have my ...

The Best Part of Me