Lesson Objective:
Children will write three things that make themselves unique and how they accept themselves because of these unique qualities.

Child Background Knowledge:
Each person is unique.

INSTRUCTIONAL PROCEDURE:

1. INTRODUCTION:
   A. Read *A Frog Thing* aloud to the children.
   B. Engage children in a discussion. Ask the children questions such as:
      - Have you ever felt like Frank?
      - Have you ever been sad because you weren’t able to do something?
      - What did you do because of it?
      - Has someone ever laughed at you or made fun of you?
      - How did this make you feel?
      - How do you feel when you think about the person you are?
      - What is something that is special about you?
   C. Discuss how every individual in the class is special and brings unique qualities into the classroom, and the benefits that uniqueness brings. Give children examples of unique qualities. Have children pair up with a partner and discuss how each one is unique. Have a few children share with the class. Tell children that they will be writing about three qualities within themselves that make them unique and how they accept themselves even though they may be different.

2. ACTIVITY: Children will write about three qualities within themselves that make them unique and special and how they accept themselves.
ACCEPTANCE GAME

Instructions:

This is a file folder game. The materials needed for this game include a file folder game board, 1 die, 4 moving pieces, and drawing cards. Two to four children can play this game at a time. To begin, children select a frog piece to move around the game board. Taking turns rolling the die, children follow the instructions on the game instruction card. The game ends when a child reaches the finish line.
Cut out these frogs for children to select for a piece to move around the board.

Print and cut out these cards. Glue them onto pieces of construction paper that are all the same size. They are the cards children draw when they land on a lily pad.

<table>
<thead>
<tr>
<th>Say one thing you do well at in school and stay in your same space.</th>
<th>Say one thing you like about your personality and stay in your same space.</th>
<th>Say two things you like about yourself and stay in your same space.</th>
<th>You know that it is alright to make mistakes, move forward 1 space.</th>
</tr>
</thead>
<tbody>
<tr>
<td>You tell someone they can’t play with you because they are smaller than you. Move back one space or say something positive you could tell this person.</td>
<td>You are feeling sad because you aren’t able to make the basketball go into the hoop. After feeling bad about yourself for a while you decide to practice shooting. Stay here for this turn while you practice shooting.</td>
<td>You aren’t happy with yourself because you don’t know how to solve a hard math problem, say two things you can do well or move back 2 spaces</td>
<td>You looked in the mirror and thought you didn’t look very good. Move back 2 spaces or say 2 things you like about the way you look.</td>
</tr>
<tr>
<td>You believe you can do whatever you set your mind to. Move forward 3 spaces.</td>
<td>You believe that you can do anything you set your mind to. Move forward 4 spaces.</td>
<td>Say 1 thing that you can do to help someone feel good about him/herself and move forward 1 space.</td>
<td>Say 1 thing that is unique about yourself and move forward 1 space.</td>
</tr>
<tr>
<td>Your friend is tired and discouraged. You help him feel better about himself. Move forward 2 spaces.</td>
<td>Even though you didn’t come in first place, you are still happy because you did your best. Move forward 1 space.</td>
<td>A new boy moved next door to you. You made him feel welcomed and became his friend. Move forward 2 spaces.</td>
<td>You told a classmate she couldn’t be in your group because she wasn’t smart enough. Miss 1 turn</td>
</tr>
<tr>
<td>---</td>
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</tr>
<tr>
<td>You realize you are very special. Move forward 1 space.</td>
<td>You make a mistake in class but you try again. Move forward 1 space.</td>
<td>You are tired and discouraged. Miss a turn.</td>
<td>Say one thing that you do well and move forward 1 space.</td>
</tr>
<tr>
<td>You accept someone who is different from you, move forward 1 space.</td>
<td>Say 2 nice things about the person to the right of you and move forward 2 spaces.</td>
<td>Say 1 nice thing about yourself and move forward 1 space.</td>
<td>Say 1 nice thing about the person to the left of you and move forward 1 space.</td>
</tr>
</tbody>
</table>
The Acceptance Game

Instructions:

1. Select a frog piece that you want to move around the board.

2. Roll the die to see who goes first.

3. Take turns rolling the die and moving your frog piece the number of spaces that you rolled.

4. If you land on a blue square your turn is over. If you land on a green lily pad draw a green card and do what the card says. Once you’ve done what the card says your turn is over.

5. The person who gets to the finish line first wins.

HAVE FUN!
1. Draw a picture of yourself.

2. Underneath the picture, write a sentence about why you are happy with who you are.

3. Place your picture on the refrigerator for everyone to see!
Letter Writing

1. Think about a person that has accepted you.

2. Write a thank you letter to that person and thank them for being accepting.

3. Tell them how they have accepted you.

4. Put your thank you letter in an envelope and address it to the person you wrote it to.
Analyzing

1. Read through all the scenario cards.

2. Decide whether or not the scenarios show self acceptance.

3. If they show self acceptance put them in the Self Acceptance box, and if they do not put them in the Lack of Self Acceptance box.

4. Discuss and compare your answers with a partner.
<table>
<thead>
<tr>
<th>Self Acceptance</th>
<th>Lack of Self Acceptance</th>
</tr>
</thead>
<tbody>
<tr>
<td>You answered a question wrong in class but you didn’t get upset with yourself.</td>
<td>You answered a question wrong in class and you felt really stupid and were angry at yourself because you made a mistake.</td>
</tr>
<tr>
<td>You are a great basketball player and feel good about your skills. You like to play in games so that your parents can watch you.</td>
<td>You love soccer but you aren’t as good as your friend so you don’t play.</td>
</tr>
<tr>
<td>You are happy with who you are even though you aren’t perfect.</td>
<td>You think you aren’t smart because you got a math problem wrong.</td>
</tr>
<tr>
<td>Other people tease you because they say you are short. You don’t let them hurt your feelings because you know it doesn’t matter how tall you are.</td>
<td>You don’t like the way your teeth are so you never smile.</td>
</tr>
<tr>
<td>You accept yourself as who you are.</td>
<td>You don’t like who you are.</td>
</tr>
<tr>
<td>When you can’t do something that you want to you practice to get better.</td>
<td>You get angry when you can’t do something.</td>
</tr>
</tbody>
</table>
1. Think about something you can’t do right now but want to be able to do.

2. In the first box write the thing you can’t do.

3. In each section after that write a sentence about the steps you will take to improve and achieve your goal.

4. In the last section write what you will be able to do because you practiced and worked on being successful.
Can you tell me...

Answer the questions on the form *Can you tell me.* Do not go back to look at the book or discuss the questions as a group.

We will discuss the answers together later.
1. What was Frank determined to do at the beginning of the story?

______________________________________________________________

2. What did Frank do to try to achieve his goal?

______________________________________________________________
______________________________________________________________
______________________________________________________________
______________________________________________________________

3. What does Frank realize by the end of the story?

______________________________________________________________
______________________________________________________________
______________________________________________________________
______________________________________________________________
______________________________________________________________

4. What can’t Frank do?

______________________________________________________________
______________________________________________________________

5. What can Frank do?

______________________________________________________________
Conversation

There have been many people in history who made mistakes or weren't very successful, but they kept doing their best until they were successful. Talk to someone about two famous people.

1. Read the card about Michael Jordan out loud. Answer at least one question that is on the card.

2. Read the card about Thomas Edison. Answer at least one question that is on the card.
MICHAEL JORDAN

Michael Jordan was an excellent basketball player. He played professionally and is well known for his basketball skills. When Michael Jordan was younger his brother always beat him when they played one-on-one basketball. In high school he was cut from the Varsity basketball team. Instead of giving up he was determined to be a better basketball player and he practiced many hours a day.

Answer these Questions:
* What did Michael Jordan have to do to become a professional basketball player?
* What would have happened if Michael Jordan would have given up?
* What are the benefits that came because Michael Jordan worked hard?

THOMAS EDISON

Thomas Edison failed thousands of times before he invented the light bulb.

Answer these Questions:
* What would have happened if Thomas Edison would have given up?
* Why is it important that we don't give up?
* What can we learn from Thomas Edison?