

Small Group Guidance

Title of Lesson: Howard B. Wigglebottom Listens To His Heart: Self-Esteem Small Group
Domain: Personal/Social **Grade Level:** K-5 **Time Required:** 30 minutes

ASCA National Standard(s):

STANDARD A: Students will acquire the knowledge, attitudes, and interpersonal skills to help them understand and respect self and others.

Competencies addressed: A1 Acquire Self-Knowledge

PS:A1.1 develop positive attitudes toward self as a unique and worthy person

PS:A1.2 identify values, attitudes and beliefs

PS:A1.4 understand change is a part of growth

PS:A1.5 identify and express feelings

PS:A1.10 identify personal strengths and assets

Essential Question: What do I appreciate about myself? What am I good at? Why is it important to recognize our strengths?

Material/Resources: Howard B. Wigglebottom Listens to His Heart by Howard Binkow on the smartboard www.wedolisten.com or the book, paper strips

Activity:

- Preview the essential questions with the students and let them know you will be discussing them after reading the book.
- Introduce and read (or watch on the smartboard) Howard B. Wigglebottom Listens to his Heart
- During reading and after, review and answer the essential questions with the group.
- Choose from any one of the activities below to complete group:
 - K-2
 - Have students write or draw 5 strengths or skills they believe they possess on paper strips. Allow for students to share with the group, then use them to create a paper chain. Process the commonality of any strengths the group members share to build group unity & foster self-esteem.
 - 3-5
 - Have the students list out 10 strengths/activities on 10 strips of paper, ranking them from most to least liked. Ask them if they like what they see and who they are; then have them remove a strip to “give up” a strength, asking if they like what they see/who they are when giving up a trait. Continue “giving up” traits and assessing whether they like who they are, processing their feelings & thoughts. Allow students to “add in” their traits, again processing if they like who they are.
 - K-5
 - Students make a collage using pictures and words from magazines to display anything they would like to share about themselves, focusing on skills/talents they believe they are good at.
 - Share their collages and talents with the group.