



## Objective:

I Can Build a Safe and Strong Community by Establishing a Class Charter, Learning How to JAM, and Understanding My Emotions.

## Activities:

- Introduce JAM Station
- Create Class Charter
- Emotions Bingo (Extension Activity)

## Materials:

- Poster Board for Class Charter Visual Anchor
- JAM Strategies Poster size paper
- Printable Emotions Bingo

## Character Word: Confidence

This is why Confidence is so crucial:

- [Building a Child's Self-Confidence in a World of Racial Inequality.](#)

Confidence Tool kit: Some Songs:

- [Confidence SPOT Song Music Video for Kids](#)
- [33 POSITIVE AFFIRMATIONS FOR KIDS SELF ESTEEM](#)
- [Sesame Street: Will.i.am Sings "What I Am"](#)
- [QuaverEd: You-Nique](#)
- [10 Daily Positive Affirmations for Kids | Boost Your Child's Confidence and Self-Esteem](#)
- [Henry & Leslie \(A Children's Story About Confidence and Self-Love\) kids #bullying\\_podcast](#)
- [The Kid's Guide to Confidence](#)

Some confidence building games:

- [Banana Banana Meatball Song | Songs For Kids | Dance Along | GoNoodle](#)
- [Freeze Dance 2.0 | Please Don't Move | Virtual Recess | Freeze Song | PhonicsMan Freeze](#)

## Lesson:



### **CLASSROOM CHARTER:**

Discuss why rules are important with the children. Have them imagine a class or home without rules. Now, brainstorm rules and create a Class Charter (if you don't have one already). Capture your brainstorming session with their ideas. These rules will be followed and referenced all year. Have the children sign. This is a valuable recall tool in times of conflict. Practice following charter rules with some games. Be Sure to use your Charter to joyfully remind your class of agreed rules and routines as you play.

### **INTRODUCE JAM STRATEGIES:**

Preselect activities from your JAM lesson to model/practice. Introduce JAM to the students. Use this time to discuss, model and practice your selected strategies with the children. [JAM Strategies](#). Introduce this month's character word. Play this video about respect [What's in a Name? | Isha Marthur | TEDxYouth@WestVancouver](#)

## JAM Time:

Allow liberal time for the children to share and share key takeaways. Review JAM Strategies.

1. Ask the students if they can empathize with Isha.
2. Ask the students if they have had something similar happen to them. Discuss ways to be compassionate to others. Discuss the resume statistics that are shared in the talk.
3. Provide the students with time to thoughtfully fill out the [My Name Activity](#) printout.