

Example Classroom Activity
Created by Arsenal K-5 Student Envoys

Introduction

(SAY): Each of us has 2 sides—one side of us that is kind and respectful and hardworking, another side of us that can be hurtful and not focused and even disrespectful. Each of us has BOTH of these sides, but want to know the good news? We each get to CHOOSE how WE show up.

Stick Figure Activity: ~10 minutes

(SAY): We're going to ask you to think about what makes up each side of you so we can support each other to make the end of this year the best yet! Please look at the stick figure worksheet that is being passed out to you.

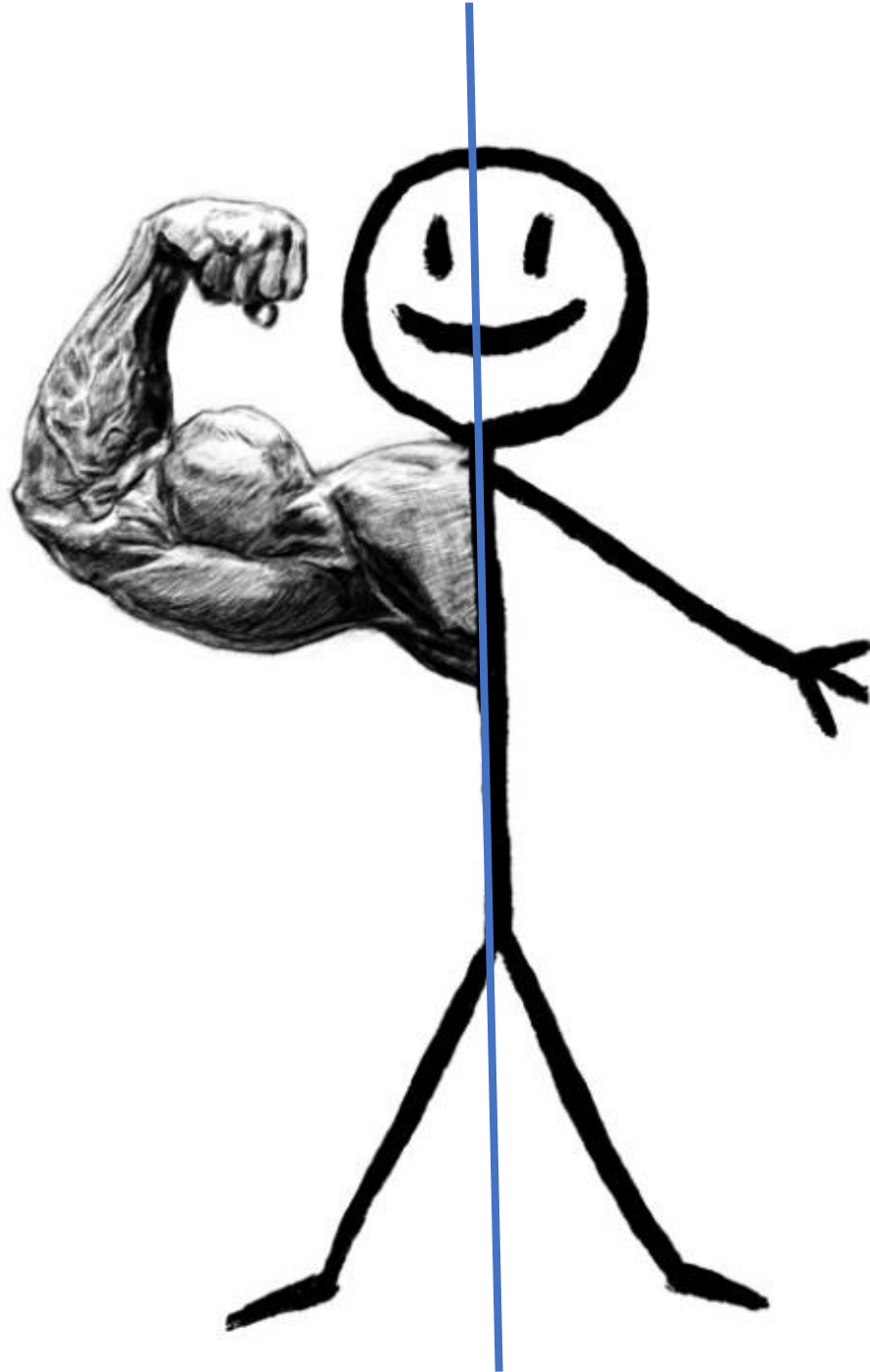
(SAY): On the left hand side you see the STRONG SIDE. On this side, please write down all of the words that describe you when you're at your best. As an example, when I'm at my best, I'm _____. Now start writing the words that describe you-- you will have 1 and a half minutes. *(A staff member will time 1.5 minutes for you)* **(DO: fill out the left side of the chart as an example)**

(After 1.5 minutes SAY): Now, on the right hand side you see the WEAK SIDE. On this side, please write down all of the words that describe you when you're not having such a good day. For me, when I'm not my best, I'm _____. Now start writing the words that describe you-- you will have 1 and a half minutes. *(A staff member will time 1.5 minutes for you)* **(DO: fill out the right side of the chart as an example)**

(After 1.5 minutes SAY): Now it's time to share your stick figure with a friend who can help you stay on your STRONG SIDE. You and your partner will have 3 minutes to share your stick figure and choose one strategy you're going to use to STAY ON YOUR STRONG SIDE. For example, to stay on my Strong Side, I _____. Once you choose your strategy, please write it in the box at the bottom of the page labeled "My Strong Side Strategy". Please go ahead and start sharing with your partner. **(DO: fill out the bottom box on the chart as an example)**

(After 3 minutes SAY): To help us make a commitment and support each other, let's finish by sharing our strategies with the group. Remember, your strategy might help someone else stay on their Strong Side, too!! Teachers, please help your class make a circle. Once your class is in the circle, please ask each student to share their Strong Side strategy. After each person shares their strategy, show your support by giving that student 2 snaps.

My Strong Side and Weak Side



MY STRONG SIDE STRATEGY: