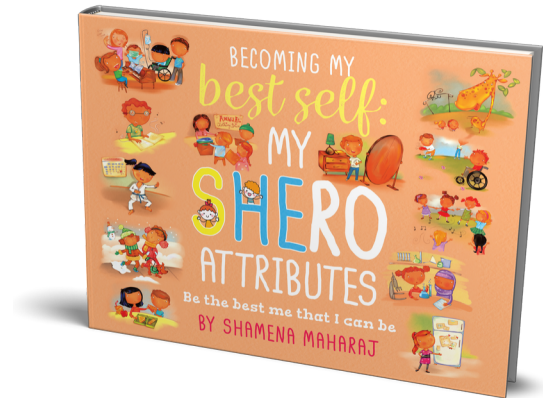


CLASSROOM RESOURCE

Becoming My Best Self: My Shero Attributes

WELCOME EDUCATORS!

This resource has been developed to help grade 3-6 teachers extend the use of *Becoming My Best Self: My Shero Attributes* in their classrooms.



Classroom Activities



SPECIAL PEOPLE

Have the students brainstorm special people in their lives- this could be friends, family members, coaches, whoever! Have them write down a time when this person displayed one of the attributes discussed in the book.

NOUNS & VERBS

Write down each of the attributes discussed in the book on the board. Have your students classify each attribute as a noun or verb. Challenge the students to create a list of different nouns and verbs that could replace the attributes in the book.

MORE ATTRIBUTES!

Have your class come up with their own set of attributes and make your own classroom guide book! In pairs, have the students brainstorm an attribute, create a story, and draw a picture.

TIPS ON USING BECOMING MY BEST SELF: MY SHERO ATTRIBUTES IN THE CLASSROOM

Author, Shamena Maharaj, has used broad ideas that are easy to follow along with in your home or classroom. Experience and focus on one attribute each month. Create conversations, activities and lessons that help your students thrive as you guide them, with the help of *Becoming my Best Self: My Shero Attributes*, to success!

Becoming my Best Self: My Shero Attributes © 2019
Shamena Maharaj

Visit
www.shamenamaharaj.com

THE MONTHLY RECAP

Classroom themes

Introduce each attribute at the beginning of the month by reading that section of the book

January - Compassion

When you see your students showing compassion give them a sticker for their desk, or a small quantifiable reward.

February - Kindness

Each week have your students write a small anonymous note to another student in the class. To ensure all students get a note, at the beginning of each week have the students pick names out of a bucket.

March - Joy

Have the students share a moment of joy in their lives with the person sitting beside them / the class.

April - Care

Send a toy home with each student for a night. Ask the student to write a paragraph of how they took care of the toy.

May - Share

When you see your students sharing give them a sticker for their desk, or a small quantifiable reward.

June & July - Inclusion & Goal Setting

Have each student set a SMART goal. At the end of the month have them write a paragraph on whether or not they achieved their goal.

August & September - Confidence & Failure

Have an anonymous submission box in your classroom that the students can submit something that they feel they did not succeed at, and what would help them to succeed. Address using failure as a stepping stone to success.

October - Mindfulness

Have the students write a paragraph on what mindfulness means to them.

November - Happiness

In small groups, or with the whole class, have students share something that makes them happy. Maybe it's a new video game, or a sport they play.

December - Celebrate

In small groups, or with the whole class, have students share what they are proud of and would like to celebrate, have students discuss how different cultures celebrate. Allow each student to decorate their locker / desk to help celebrate!

CLASSROOM THEMES

Each month has a specific attribute connected with it. Use these attributes as classroom themes:

January
Compassion

February
Kindness

March
Joy

April
Care

May
Share

June & July
Inclusion & Goal Setting

August & September
Confidence & Failure

October
Mindfulness

November
Happiness

December
Celebrate

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