

Activities for African American and Hispanic Elementary School Students

Please utilize the following resources to support our students. We want to be sure to include courageous conversations and ensure that they know “You are Enough!” You may use any of these resources in your weekly conversations.

Activity #1

This worksheet can be an excellent way for young children to explore what makes them good and likable people, and to help them build a foundation of healthy self-esteem.

I'm Great Because...

- I like who I am because...
- I'm super at...
- I feel good about my...
- My friends think I have an awesome...
- Somewhere I feel happy is...
- I mean a lot to...
- Others reckon I'm a great...
- I think I'm a pretty good...
- Something I really enjoy is...
- I really admire myself for...
- My future goals are...
- I know I can achieve them because I'm...
- I'm naturally gifted at...
- Others often praise my...

Activity #2 Active Listening

Objectives: Youth will understand what active listening is, why active listening is important, and the role of active listening in leadership.

Explain that both of you will have one minute to share an experience they had of not being listened to. What was the situation? What was it like? How could you tell you were not being heard? While one partner is talking, the other partner listens silently (no talking, commenting, agreeing or disagreeing with the experience). Be sure to set a timer and tell them when to switch speaker and listener roles. When the activity is completed, ask your mentee to name some of the experiences that came up.

Activity #3 Leadership in my Life

Objective: This session is designed to give participants an opportunity to reflect on and celebrate leaders from their community and their culture. Participants will be encouraged to reflect on the characteristics of leaders and to begin to see themselves as leaders. This session addresses the following core content components: leadership efficacy and school engagement.

Describe the following:

- Leaders in my life
- Times I've been a good leader
- Five words that describe a good leader
- Things a good leader does

Activity #4- My Community



<https://www.youtube.com/watch?v=NR7z9FbUf5k>

1. Lead a brief discussion about the meaning of the word 'community'. Below are some questions you can use to guide the discussion:
 - What is a community?
 - What are some different kinds of communities? (e.g. my neighborhood, my church, the African American community)
 - What kinds of things help make something a good community?

Activity #5- Learn about making mistakes, honesty, and the power of forgiveness

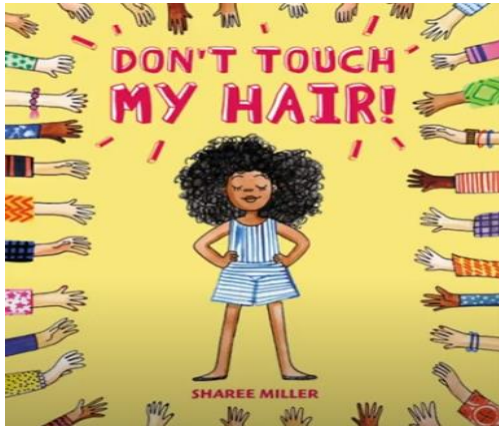
Watch the video clip on forgiveness and discuss the following questions.

<https://www.youtube.com/watch?v=dY8Ngqg-iq8>

- What does it mean to be honest?
- Why is it important to show honesty in our everyday lives?
- How do other people influence the decisions you make in your life?
- How can peer pressure be both positive and negative?
- What does it mean to forgive someone?
- How can we learn from our mistakes?

Activity #6- Self-Love

Read Aloud: Don't Touch My Hair



<https://www.youtube.com/watch?v=OItfXaBoCb4>

Discuss: What makes you Unique?

An entertaining picture book that teaches the importance of asking for permission first as a young girl attempts to escape the curious hands that want to touch her hair. It seems that wherever Aria goes, someone wants to touch her hair.

We want to encourage brown boys and girls to love their coils and curls, but it's okay to set boundaries on people wanting to touch your hair.

Activity #7- Self Confidence



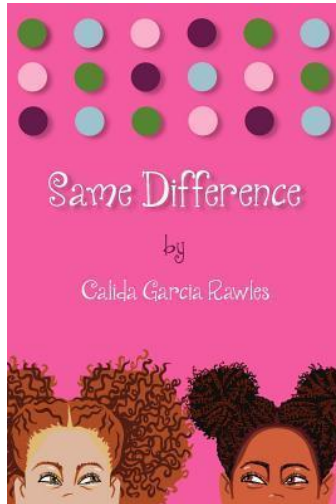
<https://www.youtube.com/watch?v=cD1OtB6XzY0>

Not Quite Snow White is a delightful and inspiring picture book that highlights the importance of self-confidence while taking an earnest look at what happens when that confidence is shaken or lost. Tameika encourages us all to let our magic shine.

Discuss:

- If you could choose any role (from a book or movie), who would you like to audition for?
- Write a description or draw a picture of an activity that makes you happy.
- Have you ever heard negative comments like this about yourself or a friend? What did or could you do?

Activity #8- Self Identity



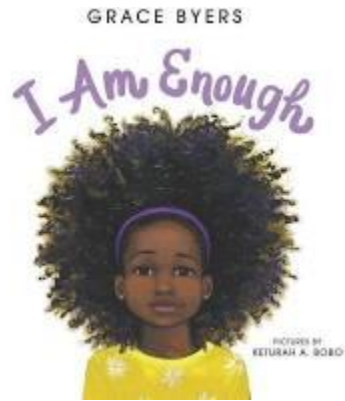
<https://www.youtube.com/watch?v=XpSLtVXFOMc>

Discuss:

- Why is it okay to be different from others?
- How are you the same/different from Kailash?
- How are you the same/different from Elliott?

Same Difference is a charming book for young readers (4-8-year old's) that addresses the sensitive and sometime divisive issues of beauty and identity. It has a lyrical, upbeat air that begs to be read aloud and offers an engaging rhyme pattern for young children.

Activity #9 Empowerment



<https://www.youtube.com/watch?v=T4jZxWiCxrY>

Each day challenge yourself to write at least three affirmations in the journal.

1. Always start the statement with "I" or "My."
2. Keep affirmations down to four to ten words.
3. Write statements in the present tense.
4. When you're stuck, think of a negative thought you often have and turn that into a positive statement.