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PERFECTLY ME  
**SUPERHERO  
CLUB**

**2024 AFTER SCHOOL &  
SCHOOL DAY CLUB  
LESSON PLANS**



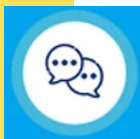
## THE SUPERVALUES OF **PERFECTLY ME**



Encourage self-directed & collaborative work



Help kids build compassion, empathy, & listening skills



Celebrate strong relationships, communication, and problem-solving



Prioritize hands-on, evidence-based activities to build confidence, courage, and agency

# PERFECTLY ME SUPERHERO

## Supervalues

Compassion

Strength

Problem Solving



Courage

Self-Love

Confidence

Self-Respect



Community

Collaboration & Teamwork

## **Signature Practices for Every Student, Every Day!**

At Perfectly Me, we believe in nurturing supervalues such as respecting self, respecting others, discovery, kindness, collaboration, friendship, community engagement, and courage.

Our afterschool program is designed to create highly engaging, effective, and purposeful interactions using three key social and emotional learning (SEL) practices in the small moments of our day:

### **1. WELCOMING ACTIVITIES**

Greeting for Inclusion, Intentional Icebreakers

### **2. ENGAGING PRACTICES**

Attentive Listening, Hands on Learning

### **3. OPTIMISTIC CLOSURES**

Reflections, Superhero Chant

We consistently use these practices to ensure the creation of a positive and productive learning environment. These signature practices engage all five SEL competencies and help us to create a culturally inclusive community.

Moreover, they align with the foundations of learning, Restorative Justice (RJ), Positive Behavior Interventions and Supports (PBIS), and trauma-informed practices.

At Perfectly Me, we strive to provide a safe and nurturing environment for children to grow and develop into their best selves, while embodying the supervalues we hold dear.

# PERFECTLY ME

## Elementary School Alignment

CASEL 5 - SEL Standards - Individual activities that align with these standards will sight the main component as well as the specific capacity demonstrated in each lesson or activity.

**SELF-AWARENESS:** The abilities to understand one's own emotions, thoughts, and values and how they influence behavior across contexts. This includes capacities to recognize one's strengths and limitations with a well-grounded sense of confidence and purpose. Such as:

- Integrating personal and social identities
- Identifying personal, cultural, and linguistic assets
- Identifying one's emotions
- Demonstrating honesty and integrity
- Linking feelings, values, and thoughts
- Examining prejudices and biases
- Experiencing self-efficacy
- Having a growth mindset
- Developing interests and a sense of purpose

**SELF-MANAGEMENT:** The abilities to manage one's emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations. This includes the capacities to delay gratification, manage stress, and feel motivation & agency to accomplish personal/collective goals. Such as:

- Managing one's emotions
- Identifying and using stress-management strategies
- Exhibiting self-discipline and self-motivation
- Setting personal and collective goals
- Using planning and organizational skills
- Showing the courage to take initiative
- Demonstrating personal and collective agency

**SOCIAL AWARENESS:** The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, & contexts.

This includes the capacities to feel compassion for others, understand broader historical and social norms for behavior in different settings, and recognize family, school, and community resources and supports. Such as:

- Taking others' perspectives
- Recognizing strengths in others
- Demonstrating empathy and compassion
- Showing concern for the feelings of others
- Understanding and expressing gratitude
- Identifying diverse social norms, including unjust ones
- Recognizing situational demands and opportunities
- Understanding the influences of organizations/systems on behavior

**RELATIONSHIP SKILLS:** The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups. This includes the capacities to communicate clearly, listen actively, cooperate, work collaboratively to problem solve and negotiate conflict constructively, navigate settings with differing social and cultural demands and opportunities, provide leadership, and seek or offer help when needed. Such as:

- Communicating effectively
- Developing positive relationships
- Demonstrating cultural competency
- Practicing teamwork and collaborative problem-solving
- Resolving conflicts constructively
- Resisting negative social pressure
- Showing leadership in groups
- Seeking or offering support and help when needed
- Standing up for the rights of others

**RESPONSIBLE DECISION-MAKING:** The abilities to make caring and constructive choices about personal behavior and social interactions across diverse situations. This includes the capacities to consider ethical standards and safety concerns, and to evaluate the benefits and consequences of various actions for personal, social, and collective well-being.

Such as:

- Demonstrating curiosity and open-mindedness
- Identifying solutions for personal and social problems
- Learning to make a reasoned judgment after analyzing information, data, facts
- Anticipating and evaluating the consequences of one's actions
- Recognizing how critical thinking skills are useful both inside & outside of school
- Reflecting on one's role to promote personal, family, and community well-being
- Evaluating personal, interpersonal, community, and institutional impacts

# THE POWER OF KINDNESS

## COMPASSION COUPONS



**Teacher Prep** - Preview lesson, Prepare coupon examples

**Supplies** - Coupon template, chart paper, markers, coloring supplies

### Today's Goal

Students will explore the concept of kindness by designing their own "Kindness Coupons," which will be used in a future challenge to spread compassion in their community.

### Students will develop....

**Social Awareness:** Understanding the perspectives of others and empathizing with them, including those from diverse backgrounds and cultures.

### Ice Breaker - Hero Name & Action

- Each student creates a superhero name and an action that represents kindness (e.g., "Captain Compassion" with a heart gesture).
- They introduce themselves to the group with their name and action, which everyone then repeats.
- This activity builds social connection and sets a positive, inclusive tone.

**Class Meeting** - sets a tone of positivity, community, and focus for the day's activities. Allow students time to adjust to this routine and model an opening gratitude share. Ask today's question and host open discussion.

### Gratitude Share

### Today's Question

*How can kindness help our community grow stronger?*

### Today's Message

*Reinforce the message that community makes us stronger and that acts of kindness are essential for a supportive community.*

3-5 MINS

5-10 MINS

## Main Activity - Kindness Coupon Challenge

- **Kindness Brainstorm:** Gather students around a large piece of chart paper and brainstorm ways they can be kind and compassionate in their community. Encourage them to think of actions that can make a positive impact, such as helping a neighbor, sharing with friends, or being kind to animals. Write down all their ideas to create a "Kindness List."
- **Designing Kindness Coupons:** Each student designs their own "Kindness Coupons" based on the ideas generated during the brainstorming session. These coupons could include actions like "Give someone a compliment," "Help a friend with their work," or "Say something nice to someone who looks sad." Encourage creativity and thoughtful design.
- **Challenge Time:** Now, the challenge is to 'spend' all their kindness coupons by next club meeting. They can cut out their coupons and hand them to the person they help.
- **Discussion:** Gather the students and discuss the importance of kindness in a community. Ask each student to share one act of kindness from their coupon that they plan to complete in the upcoming week. Remind students that it doesn't cost anything to be kind! We can share a smile, lend a helping hand, or speak a kind word.



**Close** - Reflect on today's supervalue lesson. Ask questions. Answer questions. End with a positive reflection and Superhero Chant!



I AM KIND   I AM SMART   I AM STRONG   I AM BRAVE   I AM HONEST



