



Belonging & Heroes Lesson

The purpose of this lesson is to introduce students to the Conditions of Belonging and Heroes during a 90-minute class. Teachers or student leaders delivering this lesson are invited to adjust the content depending on time and local context.

Warm Up (Suggested Time: 15 min)

Two Truths and a Lie. Direction are on the PPT slide.

Part 1: Belonging (Suggested time: 35 min)

The Condition of Belonging is about being a valued member of your school and community while still maintaining your individuality. Your uniqueness and individuality is what makes you a special and important part of the school. It is important for you to feel a sense of Belonging in order to be truly who you are and who you want to be.

A sense of Belonging is an important Condition for an overall sense of well-being, social engagement, competence, and a strong collegial working environment. The Condition of Belonging can enhance intrinsic motivation, for it fosters self-confidence and an investment in the community.

The lesson activity on Belonging allows students to experience the Condition through an activity titled "Odd Dot Out." A full lesson plan for this activity is included with an extensive follow-up plan, however, due to time restraints teachers/student leaders should choose to process the activity with just a few of the questions as seen on the "Think About It" PPT slide.

Part 2: Heroes (Suggested time: 40 min)

Heroes are real people who help you in real ways every day. They are people who care about you as an individual and help guide you through school and life. This Condition is about respecting others and others respecting you. It is important for everyone to have Heroes they can depend on during good and bad times. You are a Hero, too. You can be a Hero to your friends, family and other students. The actions and words you choose help decide what type of Hero you are to the people around you.

Building positive relationships through support, guidance, and encouragement enables students and teachers to become more confident in their academic, personal, social, and collegial growth.

For the Heroes lesson activity students are challenged to consider the scenarios which all depict different types of everyday Heroes. In small groups students should discuss as many scenarios as time allows. Conclude this lesson by providing students with post cards/notecards and ask them to handwrite a note of appreciation to a Hero in their lives. A template for a notecard is provided, but any type of thank you card or post card works great.

Supplies needed:

- Stickers/dots for the Odd Dot Out activity
- Thank you cards or postcards for the Heroes Activity
- Copies of the Unsung Heroes Scenarios Cards