



Exploring Your Passions

Early Elementary Lesson Plan

Passions:

Passions are things you really love to do and feel excited about. They give you energy to do things that make you happy! When you do things you are passionate about, such as hobbies or after-school activities, you'll feel proud and happy because they reflect what you care about and enjoy!

Objective:

Students will explore different activities and interests to help them understand what they enjoy and are passionate about.

Materials:

Whiteboard or chart paper, markers and/or crayons, drawing paper, activity stations (materials vary depending on selections for activity zones as described below).

Activity Steps:

- Using the definition above, explain what the word Passions means and discuss with students.
- On the whiteboard or chart paper, write Things I Love to Do.
 - ♦ Ask students: What are things you love to do?
 - ♦ List their answers (e.g., playing sports, drawing, building things, singing, helping others, playing games).
 - ♦ Discuss how different people like to do different things, and that's okay!
- Exploring Passions Stations. Set up different passions activity stations around the classroom. Here are some ideas, but feel free to create your own!
 - ♦ Art Zone: Drawing, coloring, or crafting
 - ♦ Puzzle Zone: Simple problem-solving activities (mazes, matching games)
 - ♦ Movement Zone: Dancing, jumping jacks, Simon Says
 - ♦ Helper Zone: Pretend doctor set, stuffed animals to take care of, community helper matching game (download an example [here](#))
 - ♦ Inventor Zone: Building blocks or Legos to create something new
- Students rotate through the stations and try each activity. Ask students to think about which activity makes them the happiest.

