



QUAGLIA INSTITUTE STUDENT GUIDE TO SELF-WORTH

This guide is designed for early primary students

Self-Worth flourishes when students know they are valued members of the school community, have people in their lives they can trust and learn from, believe they have the ability to achieve, and know their efforts and hard work are recognised and celebrated in a variety of ways—academically, personally, and socially.



Self-Worth Guidebook

This guidebook is designed to be fun and enlightening for all students, to help them understand and put into practice Self-Worth. Teachers can use the guidebook in many creative and unique ways. Some teachers may choose to use the guidebook during class meetings, after lunch, or at the end of the day, while others may integrate it into parts of the curriculum.

This guidebook is divided into three sections, each representing one of the Self-Worth Conditions (Belonging, Heroes, Sense of Accomplishment) that affect student aspirations. Each section contains the following components:

Get Ready! to Learn

Students learn the definition of one of the Conditions and think about what the Condition means to them personally.

Get Ready! to Find and Color

Students find and color symbols that represent the Condition being learned. At the bottom of the coloring page students think about why the symbol is representative of the Condition.

Get Ready! to Meet a Challenge

Students are provided a series of challenges related to the Condition being studied. There are also classroom challenges for all the students to do together.

Get Ready! to Talk

Students and teachers read together and discuss short stories. Questions are provided to help lead the discussion.

Get Ready! to do a Word Search

Students search for words in a puzzle. The words relate to the Condition that was studied in the section.

A very special thanks to Daniel Minter for all of the wonderful coloring pages.

BELONGING



What do we mean by Belonging?

Feeling like you are an important
part of a group, while knowing
you are special for who you are.

Understanding Belonging



Respond to the questions below:

- When do you feel special?
- How do you make others feel special?
- What do you have in common with your classmates?
- How are you different from your classmates?
- What groups do you belong to at school or in the community?

Belonging Words:

Try using each word in a sentence.

special

friends

individual

groups

different

family

include

interests

acceptance

Belonging

GET READY! COLOR AND FIND  .



Why do you think the symbol for Belonging is  ?

Get Ready! Individual Challenge

- **Include someone** you do not know well in a game at recess.
- **Learn the hobbies** of two students in your class.
- **Introduce yourself** to an adult who works in your school who does not know your name.
- **Tell your friends** why they are special to you.
- **Ask an adult** to share a story about his or her friends.
- **Create your own** Belonging challenge.



Get Ready! Class Challenge

- **Learn** everyone's favorite food, movie, or book. See how well everyone can remember the new information.
- **Invite** different members of the school staff to your class to introduce themselves. Encourage the adults to share what makes them unique.
- **Play** a recess game where all students are involved.
- **Create** a class quilt that shows everyone's unique talents and interests.
- **List** the ways everyone is unique in their family. Then list how everyone is similar to a brother, sister, parent, or grandparent.
- **Create** a classroom Belonging challenge.



Get Ready! Talk

Read and discuss the following.

A new student named Sam just arrived at your school. He does not know anyone. He seems different.



1. How do you think Sam feels coming to a new school?
2. How do you imagine Sam is different?
3. What could you learn from someone who is different?
4. Share a time you were new to a group. Explain how it felt.
5. What can you do to help Sam feel like he belongs?

Word Search

Find-Learn-Live



Find the words in the puzzle below.

Learn what the words mean.

Live the words everyday!

BELONGING

CARE

COMPASSION

DIFFERENCE

FAIR

HONESTY

INTEGRITY

KIND

POLITE

RESPECT

O	T	B	T	V	D	C	Y	S	H	W	N
X	C	V	I	S	F	O	T	Z	O	E	W
Q	E	R	W	A	V	M	I	X	N	P	C
K	P	O	I	B	A	P	R	D	E	J	S
P	S	R	S	X	O	A	G	K	S	E	A
C	E	C	V	Y	I	S	E	I	T	T	T
U	R	U	A	I	G	S	T	N	Y	J	B
V	E	R	G	R	H	I	N	D	X	H	D
P	O	L	I	T	E	O	I	U	K	H	Y
V	B	D	E	H	I	N	J	L	P	C	F
E	C	N	E	R	E	F	F	I	D	U	B
N	Y	B	B	E	L	O	N	G	I	N	G

HEROES



What do we mean by Heroes?

An everyday person who encourages
you to do your best. Someone you look
up to and whom you can turn to for
help when you need it.

Understanding Heroes



Respond to the questions below:

- Who are your Heroes?
- How do you show respect to adults and friends?
- What does it mean to be an everyday Hero?
- How do you help other students?
- What can you do to be a Hero at school?

Hero Words:

Try using each word in a sentence.

trust

respect

listen

care

helpful

friend

admire

support

encourage

Heroes

GET READY! COLOR AND FIND ♡ .



Why do you think the symbol for Heroes is ♡ ?

Get Ready! Individual Challenge

- **Thank someone** who has been a hero to you.
- **Make an effort** to be a hero to someone at school.
- **Show an adult** or classmate you respect him or her.
- **Ask your friends** for their ideas. Listen without interrupting.
- **Write a thank you** letter to a teacher at school who has been extra helpful to you.
- **Think of your own** Hero challenge.



Get Ready! Class Challenge

- **Invite the principal** into your class to share something about his or her job and interests.
- **Write notes** of appreciation to the administrative helpers, support staff, and custodians in your school building.
- **List the ways** you can show respect to each other as well as to adults.
- **Create** an original story in which you are an every day hero.
- **Think of ways** you can be a hero during playtime or lunch. Act on your ideas.
- **Develop** a classroom Hero challenge.



Get Ready! Talk

Read and discuss the following.

Tessa always interrupts students and teachers when they talk. It bothers her classmates when she interrupts them. Listening to other people shows respect.



1. How do you think students in the class feel when they are interrupted?
2. Why do you think Tessa interrupts her classmates and teacher?
3. How can you help Tessa be a better listener?
4. Share a time when you felt someone did not respect you. Explain how it felt.
5. What can you do to show you respect adults and your classmates?

Word Search

Find-Learn-Live

Find the words in the puzzle below.

Learn what the words mean.

Live the words everyday!



ADMIRE
CONCERN
ENCOURAGE
FRIEND
HELPFUL

HERO
LISTEN
NICE
RESPECT
TRUST

P	J	O	M	N	E	D	O	N	H	O	A
G	E	I	E	C	N	J	Z	E	E	N	Y
A	P	P	S	E	C	L	M	T	R	I	G
T	Q	P	I	N	O	J	F	S	O	I	E
H	C	R	F	N	U	F	Y	I	Y	H	T
O	F	E	I	G	R	T	E	L	E	Z	L
H	K	C	P	L	A	T	R	L	M	M	N
X	E	C	Q	S	G	G	P	U	I	D	X
A	D	M	I	R	E	F	K	L	S	N	R
M	A	K	O	Q	U	R	L	V	K	T	B
O	Q	R	F	L	N	R	E	C	N	O	C
N	S	Y	B	A	E	X	O	V	D	E	K

SENSE OF ACCOMPLISHMENT



What do we mean by Sense of Accomplishment?

Being recognised for many different types of success, including hard work and being a good citizen.

Understanding Sense of Accomplishment



Respond to the questions below:

- What does it feel like to do your best?
- What does it take to be successful?
- How do you put forth your best effort even when something is hard?
- What does it mean to be a good citizen?
- What can you do to celebrate your classmates' accomplishments?

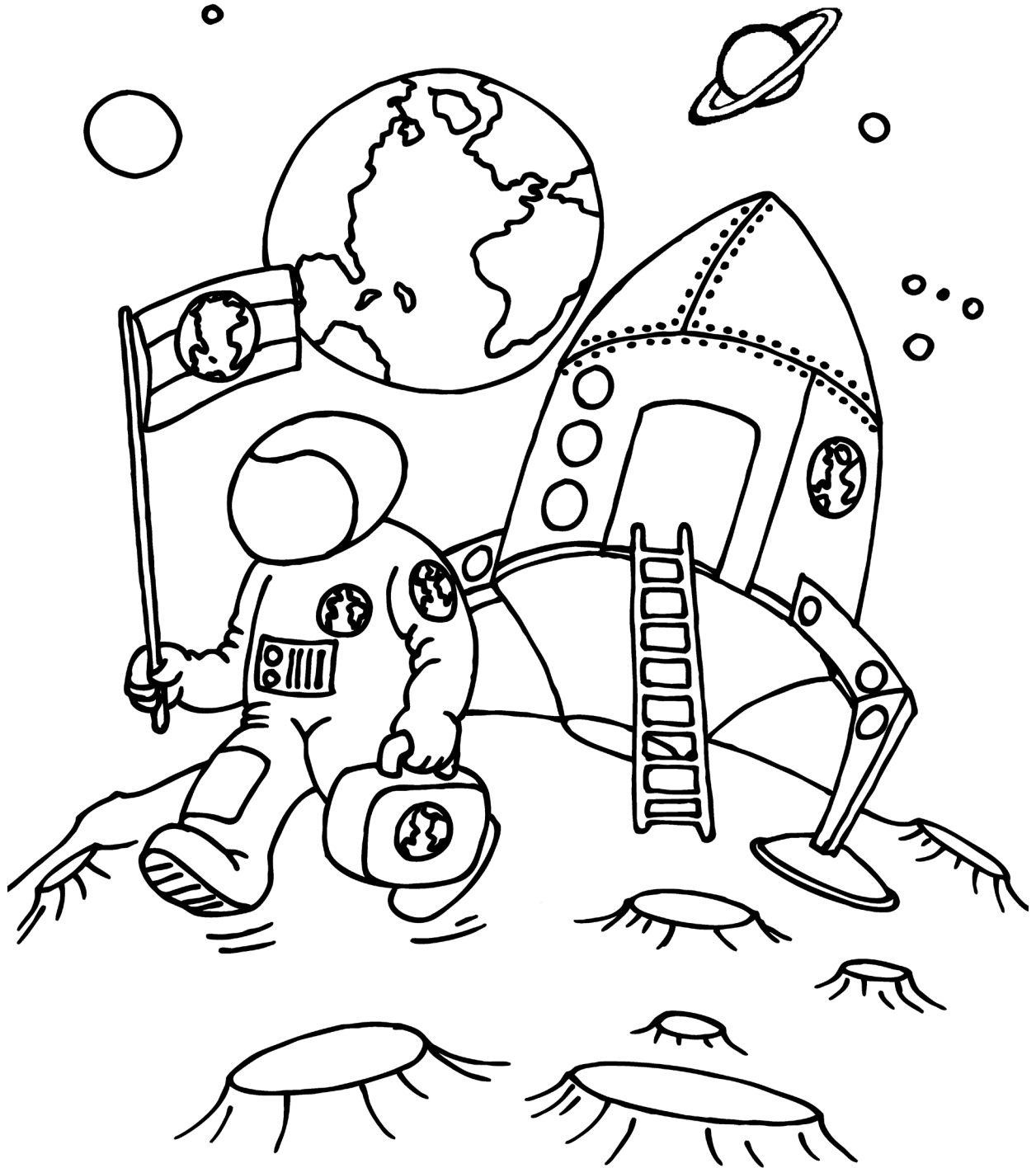
Sense of Accomplishment Words:

Try using each word in a sentence.

effort	perseverance	accomplish
try	success	proud
recognise	work	citizenship

Sense of Accomplishment

GET READY! COLOR AND FIND 🌍.



Why do you think the symbol
for Sense of Accomplishment is 🌍 ?

Get Ready! Individual Challenge

- **Complete** one of your homework assignments ahead of time.
- **Challenge yourself** to do something you do not think you can do.
- **Redo a task** or quiz in order to do better.
- **Do something** to show you are a good school citizen.
- **Ask an adult** to tell you something he or she is proud of achieving.
- **Think of your own** Sense of Accomplishment challenge.



Get Ready! Class Challenge

- **Pick one skill** you want to improve and share this with your classmates. Keep track of your progress.
- **Create a list** of challenging activities such as jumping rope or memorising words. Practice each day for a week to improve your score.
- **Read a story** about a young person who accomplished something great.
- **Share your ideas** for handling situations when you become frustrated and want to give up.
- **Invite the principal** to your class to share his or her accomplishments and goals.
- **Develop** a classroom Sense of Accomplishment challenge.



Get Ready! Talk

Read and discuss the following.

Will often becomes frustrated when he does not understand a task. Many times, he just gives up and says, "This is too hard."



1. How do you think Will feels when he does not understand a task?
2. Why do you think some students give up instead of keep trying?
3. What can you do to keep trying when you feel frustrated?
4. Share a time you felt frustrated. Explain how it felt.
5. What can you do to help your classmates not give up?

Word Search

Find-Learn-Live



Find the words in the puzzle below.

Learn what the words mean.

Live the words everyday!

ACCOMPLISH
ATTEMPT
CITIZENSHIP
EFFORT
PERSEVERANCE

PERSIST
PROUD
SUCCESS
TRY
WORK

X	I	O	E	F	L	L	Y	T	S	P	Y
T	K	H	U	F	S	Y	P	P	S	R	H
B	M	I	S	W	F	M	G	Y	E	O	Q
R	Z	W	O	I	E	O	Z	V	C	U	K
G	C	R	Q	T	L	O	R	F	C	D	Y
H	K	L	T	H	V	P	K	T	U	S	R
I	H	A	Y	R	T	C	M	O	S	W	L
P	E	R	S	I	S	T	T	O	U	X	F
Y	V	G	B	B	T	Q	O	W	C	U	O
P	E	R	S	E	V	E	R	A	N	C	E
P	I	H	S	N	E	Z	I	T	I	C	A
B	U	V	H	M	T	K	J	G	D	V	X