

ASPIRE

Early Elementary Students
Take Action

DIRECTIONS

Early Elementary

This resource is designed to provide early elementary students with actions they can take to foster Self-Worth, Engagement, and Purpose.

Self-Worth: Knowing you are special

Engagement: Being interested in what you are learning

Purpose: Believing you can make a difference

Teachers can facilitate this resource in a variety of ways. For example:

- Challenge students to complete an activity of their choosing each week and then provide time to share their experiences.
- Randomly ask a student to choose a class challenge each week.

Most importantly, students and teachers should continually revisit how the completion of an action supported the appropriate Guiding Principle. Also note that each action supports student voice through the Listen, Learn, Lead model.



LISTEN: Truly hear what others have to say.



LEARN: Understand another person's point of view.



LEAD: Take action together.

Voice is sharing thoughts, beliefs, and concerns; suggesting realistic solutions for the good of the whole; and acting on what you suggest and what needs to be done. As a class, brainstorm 10 Voice challenges to add at the end of the document.

Students can track progress by marking the corresponding boxes at the end of this booklet when each action has been completed.

SELF-WORTH ACTIONS

Early Elementary

KEY



LISTEN



LEARN



LEAD



1. Ask a friend to tell you about a pet they have or would like to have.



2. Introduce yourself to an adult in the building who doesn't know your name.



3. Play with someone new at recess.



4. Learn a new athletic skill from a friend such as skipping, somersault, throw a frisbee.



5. At lunch sit with someone you usually don't sit with every day.



6. Draw a picture and send it to a special relative or friend.



7. Say something nice to a classmate.



8. Thank an adult other than a teacher for helping you out at school.



9. When you see trash left on a cafeteria table, pick it up and throw it away.



10. Help a friend with their homework.



ENGAGEMENT ACTIONS

Early Elementary

KEY



LISTEN













LEARN



LEAD



11. Ask one question each day during class.	
12. Draw a picture of you doing something you enjoy.	
13. Ask a relative to share their favorite childhood memory.	
14. Ask a friend what they like to do for fun.	
15. Together with a friend, create the ingredients for being a good friend. (One part nice, two parts listen, etc.) Share your recipe with the class.	
16. For one week, learn one new word and its definition every day.	
17. Exercise or play outside for at least 15 minutes a day for an entire week.	
18. At home or in the cafeteria, try tasting a food you do not usually eat.	
19. Think of one way to improve your homework and then do it!	
20. Teach a classmate a skill you know well.	

PURPOSE ACTIONS

Early Elementary

KEY



LISTEN



LEARN



LEAD



21. Do something to show a friend you care about them.



22. Play a game that requires taking turns being the leader (Simon Says, Red Light/Green Light, or Freeze Tag) with your friends. After the game, think about how you could have been a better leader.



23. With a friend, draw a picture of a superhero helping someone.



24. Teach a friend or relative something new you learned to do this month.



25. Set a goal for yourself – it can be to read more, practice your spellings, learn a new math problem, or something you choose.



26. Using pictures from magazines or your own drawings, create a collage that represents you. Share your completed work with friends and family.



27. Compliment a classmate next time they do something well.



28. Write or draw a picture of three things you have learned to do since you started school.



29. Ask a parent for help thinking of different kind words, then try using one new kind word every day.



30. Next time you work in a group, be the leader.



CREATE YOUR OWN VOICE ACTIONS

KEY



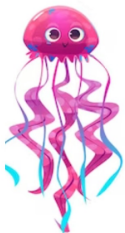
LISTEN



LEARN



LEAD



31. (Example: Use your voice to share your opinion in class).
32.
33.
34.
35.
36.
37.
38.
39.
40.

Challenge yourself to complete all 40 actions.
Mark the ones you complete.

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40