

KID NATION

LESSONS



Objective

EMOTIONAL
WELLNESS
& BELIEVING
IN YOURSELF

Intro

“What are
some examples
of times that
you’ve pushed
yourself?”

Video

LOOK
IN THE
MIRROR

Activity

Students
fill out
attached
worksheet
individually

Discussion

Regroup and
discuss the first
four questions
together. Then
have students
explore the final
question in pairs.

Takeaway

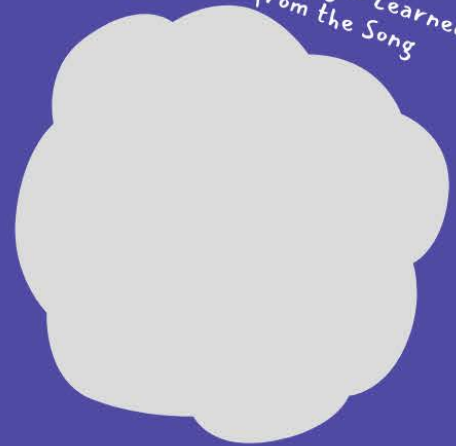
EVERYONE DEALS WITH
CHALLENGES
DIFFERENTLY;
LEARN EFFECTIVE
STRATEGIES
TO KEEP YOURSELF
MOTIVATED.

LOOK IN THE MIRROR

Everyone deals with challenges differently. What are some examples of times you've pushed yourself? How did you stay motivated?

Ways I Keep
Myself Motivated

Something I Learned
from the Song



Something that I'm
proud of:



Two examples of
challenges

Name:

Grade & Section:

Teacher:

Date:

LOOK IN THE MIRROR



DISCUSSION QUESTIONS

QUESTION 1

What does it mean to be a dreamer?

QUESTION 2

What are some things you can say to yourself when you look at your reflection?

QUESTION 3

How should you react to people who don't think you can't do it?

QUESTION 4

Why do you think it is important to believe in yourself?

LET'S DISCUSS!

Turn to a classmate or ask a friend. What do you want to be when you grow up? What can you say to each other to encourage each other to reach your dreams?