

Secret Thoughts

GRADES

4-8

TIME

30 minutes

TOPIC

Social Comparison
Self Esteem

SPACE

Classroom

MATERIALS

- Class lists (enough for one student)
- Writing tools
- Paper

OUTLINE

1. Give students a class list and have them write (point-form) one positive thing about that person.
2. Collate the comments together (cut and paste) so that each student has one page with all of the comments written about them.
3. During Brain Breaks or randomly throughout the days, read a few of the comments (rotating equally through the class list). You could also decide to give the students a copy of their page as an uplift for when they feel they need it.