

Star of the Week

A Lesson Plan from Rights, Respect, Responsibility: A K-12 Curriculum

Fostering respect and responsibility through age-appropriate sexuality education.

TARGET GRADE: Kindergarten
Supplemental Lesson

TIME: 40 Minutes

MATERIALS NEEDED:

- Sheets of paper large enough to be able to trace the outline of a student – you will need one sheet per week as each student rotates through being Star of the Week
- Markers
- Crayons

ADVANCED PREPARATION FOR LESSON:

This activity should be set up at the start of the school year and then done at the beginning of each week. Work your way, one by one, through the class. Display the person of the week drawing after the student returns it colored in.

LEARNING OBJECTIVES:

By the end of this lesson, students will be able to:

1. Identify at least two good qualities in others.
2. Feel good about themselves based on how others see them.

PROCEDURE:

STEP 1: Introduce the process by explaining, early in the school year, that each week there will be a new star of the week. Show the students the list of names of students in the class and explain that you will be moving through the list all year so everyone has a turn to be star of the week at some point.

STEP 2: Designate the first student who will be star of the week have them lie on a large piece of paper. Trace the outline of this student on the paper.

STEP 3: Ask students to say nice things about the student who is star of the week, such as “they are good at sharing” or “they help other people.” As students say nice things, write them around the outline of the student on the large paper. You can also ask the Star of the Week to add in things about themselves such as their birthday, their favorite color, their favorite toy or book, etc. Again, add these outside the outline on the sheet of paper.

STEP 4: Ask students the following discussion questions:

- What did you learn about the Star of the Week that was new to you?
- For the Star of the Week, how did it feel to hear good things about yourself?
- For the Star of the Week, what did you learn about yourself?

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STEP 5: Close the activity by rolling up the large paper and putting it in the backpack of the Star of the Week with directions to take it home and color it however they want. Ask the Star of the Week to bring it back in a day or two so you can display it in the classroom for the remainder of the week.

Note: There are many adaptations of this lesson that can extend it for a full week with daily activities and/or involvement of family members/guardians. This version is a very simple one from Advocates for Youth's *When I'm Grown: Life Planning Education for Grades K through 2*.