



1-1 Quick Guide to Breakout Activity Options for Lesson on Identity

Reading Aloud activity: We recommend the following books that embody the themes of this lesson plan. After reading each book aloud, ask the children how they think the story relates to personal identity.

1. [It's Okay to Be Different by Todd Parr](#)
2. [The Day You Begin by Jacqueline Woodson](#)
3. [Bunnybear by Andrea Loney](#)

Physical activity: Ask kids to create a personal exercise routine with four different types of movements that they would use to train as a superhero, based on whatever activities feel right for them. Then ask them to practice their routine! For example, here are three examples of what a personal routine might include:

1. Do 30 jumping jacks, 5 cartwheels, 10 pushups, and 1 minute of jogging in place.
2. Touch toes for 10 seconds, clap hands vigorously 100 times, take 5 deep breaths, and do 20 big arm circles.
3. Sprint back and forth 10 times, strike 5 ninja poses, walk like a crab for 5 minutes, and jump up and down as high as you can 10 times.

Kids can also share their routines with each other and try out a friend's routine, if they choose.

Drama/Theater activity: Invite kids to form a small group and create a skit about this week's theme, which is understanding personal identity. Below are some skit prompts:

- "A character wants to share something important about their identity for the first time with their friends. Brainstorm and perform a story about how the character decides to tell their friends."
- "A superhero has to create a hidden identity as a regular person. Make a skit about how the superhero switches back and forth between identities."
- Kids can perform skits for the group as a whole.

Visual Art activity: Tell the kids, "Imagine that someone who has never met you is supposed to find you in a crowd. Make a self-portrait that would help them person know how to identify you."

- Kids can use any available medium. They can draw a picture of themselves; make a clay sculpture, paint a self-portrait, etc.
- This could be a one-day project or an ongoing project.
- Kids might even choose to bring in a photo of themselves and attach it to construction paper and make a frame.

