Respecting and Loving Yourself

I Am Lovable and Capable

Objectives/Aims
The students will: learn that they have inherent worth; they will also gain a feeling of competency.

Materials
string, plain paper, marker, tape

Illustration
In the first picture Number 7 is upset and is ripping off a piece of his sign. I wonder why? In the second picture, the sign has been repaired... Is it because his friend complimented him?

Background
Our self confidence depends largely on how we view and value ourselves. This activity is designed to help students develop a positive self image. The stories in this lesson are a paraphrase of Sidney B. Simon's story, "I am Lovable and Capable", which is now out of print.

Group Activity
Note: Five days of activities are possible when the
Variations/Extensions are used.

1. Come to line wearing a sign with the letters ‘ILAC’ printed on it and tell the following story.
   While telling the story:
   (add) - means tape a piece back to the sign
   (rip) - means tear a piece off of the sign

   I AM LOVABLE AND CAPABLE
   Once upon a time, there was a little girl by the name of Mildred...
   R-R-R-ING!, R-R-R-ING!, R-R-R-RING! Mildred falls head long out of bed as she rushes to silence the noisy alarm. "I am so clumsy!" she exclaims to herself. "I'm about as coordinated as a giraffe on stilts!" (rip)
   "Where ARE my socks?" she says in a frustrated voice as she starts to dress herself. "I'm such a clutter-nut." (rip) Finally, she gets herself dressed and is just about to walk out the door when her brother walks by. He sees her and pretends to be filled with horror. "No! No! The ugly, red-haired Martians have landed!" he shouts, running and laughing down the hallway. (rip) "Oh, how I hate him!" thinks Mildred to herself as she goes down to breakfast.
   "My, you look pretty today," says her Mother as she enters the dining room. (add) A tiny smile creeps into the corner of Mildred's mouth. "Did you get all of your homework done last night?" continues her mother. The tiny smile vanished. (rip) "Oh, no!" Mildred thinks to herself. "Now I'm really in trouble with Mr. Paul!"
   On her way to school, she sees her best friend. "Hi, Sally!" she shouts across the street. Just
seeing her best friend makes her feel better. (add) Sally runs over to join her and gives her a big hug. (add) "Hi," says her friend. "You look kind of sad. Are you Okay?" Mildred tells her friend about her dismal morning. Just telling her about it makes her feel better. (add)

Upon reaching the school gate, they are confronted by the school bully, Isabel. "Hey wart faces, aren't you both fine and ugly!" she barks into their faces. (rip) Slipping by her, pretending to ignore her comments, they rush into the school. "See you at recess," she calls after them. "I'm planning a real swell time for you two."

"Did you know that her dad drinks and beats her?" says Sally. "No wonder she's so mean!" replies Mildred. Understanding why Isabel is so mean helps Mildred feel somewhat better about herself. (add)

Entering their classroom, they are greeted with a hearty, "Good morning girls! And what kind of presents did you bring me this morning?" Mr. Paul smiles, looking at them expectantly. Sally digs in her tote bag and hands him her homework. "Why, Sally, you must be very proud of yourself!"

Turning and looking at Mildred his eyes ask, "And what about you?"

"I'm sorry, Mr. Paul. I didn't get it done." says Mildred. (rip) "I see that you're disappointed in yourself. The person you really need to apologize to is yourself. You're the one that missed out on some learning. I do like how you didn't try to make excuses for yourself." says Mr. Paul. The last statement makes her feel better about herself. (add) He goes on to say, "What are you going to do to solve your problem?" With a grimace she says, "I'll stay in during recess to finish it." "I'm glad you're taking responsibility for your learning." says Mr. Paul with a smile. (add)

Continue through the day as far as time allows. When good things happen to Mildred, add to her sign. When bad things happen, rip off a part of the sign.

**Group Discussion Questions**
1. What happened to Mildred’s sign when something bad happened to her?
   A: A part of her sign is torn off meaning that her self-concept and mood suffers.

2. What happened to Mildred’s sign when something good happened?
   A: A part of her sign is repaired meaning that her self-concept and her mood improves.

3. What do you think the tape represents?
   A: Healing, caring, love, etc.

4. How do you know that you are really lovable and capable?
   A: By believing it.

**Variations/Extensions**
1. Have a student act out the story as you narrate the play. (See People Puppets in Intro.)

2. Tell a different story about a student who thinks negatively. In this story, even when good things happen to the student, she turns them into something bad because her self esteem/mood is so poor. For example: "My Mildred, that's a beautiful shirt!" "What, this old thing? It was handed down from my older sister!"

3. Students can write their own ILAC stories, which they can act out for the entire class.

4. Change the story so that even when bad things happen, the student’s self image stays intact because she thinks positive things about herself.

5. Have an 'ILAC Day' where students wear an ILAC sign for a half or full day. Allow the students to rip off or add to their signs as they see fit.
Variations/Extensions (continued)

6. During the story, allow the students to participate. Using the cue, “And the audience says...” have the students respond by either saying “Riiiiiip” or “Tape, tape, tape” whenever something bad or good happens relative to the ILAC sign. Correspondingly, they can also cheer, “Yeah! Mildred,” or offer their sympathy, “Poor Mildred!”

7. Do an ILAC story where students volunteer to add the next incident in the story. Tell them that the incident needs to be both plausible and follow the natural order of events (e.g. Having the character go from being in bed in the morning to suddenly being at school isn’t plausible).

Conclusion
Say, “Whether we have a happy life or not is partly dependent on how we think and feel about ourselves. You are all very lovable and capable.”
In the first picture the boy is upset and is ripping off a piece of his sign. I wonder why?

In the second picture, the sign has been repaired...

Is it because his friend complimented him?
Respecting and Loving Yourself

Objectives/Aims
By the end of this unit, your child will learn that they have inherent worth and gain a feeling of competency.

Background Information for Parents
Our self-confidence depends largely on how we view and value ourselves. This week’s activities were designed to help students develop a positive self image. The stories in this lesson are a paraphrasing of Sidney B. Simon’s story, “I am Lovable and Capable”, which is now out of print.

Illustration
In the first picture Number 7 is upset and is ripping off a piece of his sign. I wonder why? In the second picture, the sign has been repaired... Is it because his friend complimented him?

Day 1
1) Write a short story telling what is happening in the picture above. Remember to include a title, beginning, middle and ending:

Day 2
1) Make an I.L.A.C. sign (a piece of paper with I.L.A.C. written in giant letters like in the picture above) and wear it around your house for two hours. Don’t forget to keep the tape handy!

Day 3
1) Make up your own I.L.A.C. story and tell it to your parents. You can even act it out if you’d like to!

P.I. ______