

# Healthy Alternatives for Little Ones In-Class Activities

## Unit 1: I Am Special

This week we are learning about **identity and sense of self**. The objective of Unit 1 is for each child to be able to state that they are a very special person. Here are some activities you can do with your class to reinforce this week's HALO lesson!

### Guess Who

This activity will help children recognize and appreciate the differences that make each child special and unique!

**Materials:** None.

**Directions:** Select a child from the class. Tell the class 3 special clues about the child, and have the class guess which child you are describing.

### Cross the Line

This activity will help children notice aspects of their identity that they have in common with others and aspects of their identity that make them unique!

**Materials:** You will need a large space for this activity.

**Directions:** Line the children up in a long line across the space (alternatively, you can use tape to create a line on the floor) and ask the children to walk across to the other side if a statement applies to them.

E.g., "Cross the line if you... have blonde/black/red hair... are a boy/girl... have freckles..." Children will begin to notice they hold different aspects of their identity in common with many children in the class. Emphasize how certain aspects of their identity make them similar to others and how their differences make them special.

### Hand (or Foot) Print Pictures

This activity will help children recognize differences that make each child special and unique!

**Materials:** Construction paper, crayons, stapler.

**Directions:** Trace around one of the child's hands or feet with a crayon. Allow the child to trace around the other hand or foot. Have the children color or decorate their hand or footprints. Discuss how each person's hand/footprint is unique and special (e.g., different sizes, shapes, colors).

