

HALO In-Class Activities

Lesson 2: "I Can"

This week we are learning about **identity and sense of self**. The goal of lesson 2 is for each child to be able to complete the sentence, "I can..." Here are some activities you can do with your class to reinforce this week's HALO lesson!

"I Can" Movement Activities

These activities will help children celebrate all the things they are capable of doing!

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

Directions: Have children stand in a circle. Have one child go to the middle of the circle and tell everyone one thing that they can do. E.g., "I can... hop on one foot... run in place... stomp my feet." Then, have the other children try to do that activity. Continue until all children have had a turn.

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Directions: Have children sit in a circle and think about one thing they are good at doing. Have one child go to the middle of the circle and act out the thing they are good at and have others guess. Continue until all children have had a turn.

"I Can" Tracker

This activity emphasizes the importance of practice and learning new things and gives children a visual way to track progress toward their goals.

Materials: Paper and crayons for each child.

Directions: Have children think about a goal that they are working toward such as tying their own shoes, writing their name, etc. Have children draw a picture of themselves completing the goal. Create an "I can" statement about the goal and write it on a piece of paper i.e., "I can sleep in my own bed". Draw three circles and tell the children that every time they complete the goal, they can color in one of the circles. Remind the children that it takes time and practice to reach goals and remember to celebrate all of the small accomplishments along the way. This paper can be brought home or kept in class to track progress towards each child's goals. Completion of the chart should be celebrated, perhaps with a special sticker.

