



Fitting In

Lesson on Fitting In

Paper Chains- This classic lesson is a tried and true way to add positivity to the daily routine of a child. Using strips of paper, have students write a positive trait or a task to spread kindness and encourage others. Then, loop the strips together to make a large paper chain. Have each student contribute and share while they staple their link. When all the links are



connected ask the students to share with a partner how this provided an opportunity to fit in. Have a whole class discussion on what the activity meant.

Optional: Each day, have students tear off a link to guide their SEL check-in for the day.

stand out

It's okay to not fit in. You don't need to bend and break yourself to simply earn someone's acceptance. You don't need to spend all of your time doing something you don't even like to earn others' approval. Learn to be uniquely yourself instead. Remember that the only ones who ever changed history were the ones who dared to listen and act upon their own ideas. They might have been judged and criticized, but they dared listen to their own hearts and changed the world because of it. So be independent. Be bold... Because when it really comes down to it, the only person's acceptance you need is your own.

- Nikki Banas