



March: Week Five

Objective:

I Can Learn How Kamala Harris Exemplifies Confidence.

Activities:

Students will do a Superhero workout.

Materials:

[5 Minute Superhero Kids Workout | Summit Area YMCA](#)

Character Word: CONFIDENCE

IDocu videos with advice for children

[5 Ways To Boost Your Confidence](#)

Rocket Kids presentation of 5 ways to build confidence

[Self-Esteem For Kids - 10 Ways To Build Self-Esteem & Self-Confidence](#)

Video with strategies to build esteem and confidence

[The Kid's Guide to Confidence](#)

Children give advice to develop confidence

[Sesame Street: Confidence \(Word on the Street Podcast\)](#)

Sesame Street word on the street confidence.

[Boost Your Self Esteem](#)

How to boost your self esteem

Read Alouds

[Children Build Self-Esteem, Increase Confidence, Stop Bullies | Stress Free Kids](#)

Confidence Read Aloud

Brain Games Segment on Power of Positive Thinking

[The Power of Positivity | Brain Games](#)

Songs

[Confidence SPOT Song Music Video for Kids](#)

[Sesame Street: Song -- I Love My Hair](#)

[QuaverEd: You-Nique](#)

Dance

[KIDZ BOP Kids - Confident \(Dance Along\)](#)

Short Film

[Ballerina Dance battle - Confident 1080p](#)

Lesson:

- [Kamala Harris Reads "Superheroes Are Everywhere" | Gotham Reads](#)
Ask the students what makes them a Superhero.
- [Kids Interview Kamala Harris](#)
Ask the children what they learned.
- [For the Heroes: A Pep Talk From Kid President](#)
Ask the children what makes them a hero?



JAM Time:

My SuperHero Workout. (10-15 minutes)

Enjoy moving around with this Superhero inspired workout!

Closing Community Circle (5-10 minutes)

In the final minutes, allow the students to share their favorite move..