



# March: Week Five

## Objective:

I Can Learn How Shirley Chisholm 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:

- [Shirley Chisholm Dared: The Story of the First Black Woman in Congress \(Read Aloud\)](#)
- [Shirley Chisholm: How I Want To Be Remembered](#)  
How does Shirley want to be remembered?
- [Shirley Chisholm campaigns in New York](#)
- [Who was the First Black Congresswoman? Untold Black History Stories: Shirley Chisholm Biography](#)
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- [Shirley Chisholm | The First Black Woman to run for President | #SeeHer Story | Katie Couric Media](#)
- [Black History Month Trailblazer Shirley Chisholm for Children \[KIDS RAP SONG\]](#)

## 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..