HISTORY IN COLOR

September

Objective:

I Can Understand the power of confidence.

Activities:

❑ Students will draw their own hummingbird:
  How To Draw A Hummingbird.

Materials:

❑ Paper
❑ Crayons/markers.

Character Word: Confidence

This is why Confidence is so crucial:
- Building a Child's Self-Confidence in a World of Racial Inequality.

Confidence Tool kit: Some Songs:
- Confidence SPOT Song Music Video for Kids
- 33 POSITIVE AFFIRMATIONS FOR KIDS SELF ESTEEM
- Sesame Street: Will.i.am Sings "What I Am"
- QuaverEd: You-Nique
- 10 Daily Positive Affirmations for Kids | Boost Your Child's Confidence and Self-Esteem
- Henry & Leslie (A Children's Story About Confidence and Self-Love) kids #bullying podcast
- The Kid's Guide to Confidence

Some confidence building games:
- Banana Banana Meatball Song | Songs For Kids | Dance Along | GoNoodle
- Freeze Dance 2.0 | Please Don't Move | Virtual Recess | Freeze Song | PhonicsMan Freeze

Lesson:

Today we will learn about Wangari Maathai, a Kenyan woman and Africa's first female Nobel Peace Prize Laureate. Today's activity, I am a Hummingbird, is based on Wangari's story about the hummingbird and her personal quest to save the trees and forests of her beloved homeland. Play the video Wangari's Trees of Peace. Follow-up questions:

    A. What did Wangari do when they tried to stop her?
    B. Why are trees important?
    C. How was Wangari confident?

1. Play the video, I will be a hummingbird. This video is a brief story on confidence. After watching the video, ask the children what they noticed in the story/video. Ask the children how they can be confident like the hummingbird. I Will Be A Hummingbird
2. If time permits play video of Senator Barack Obama meeting Ms. Maathai. Obama Plants Tree with Maathai
3. Allow 10-15 minutes for students to color/craft/decorate their hummingbirds.

JAM Time:

Leave 5-10 minutes at the end for your Community Circle to share your hummingbirds and thoughts on the lesson. (This is a gathering of the group to debrief on the learning and share lows, highs and Shout Outs.) Community Circles are great tools for rebuilding community and strengthening bonds of trust. For more information: Building Community With Restorative Circles

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