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| **Section: Who is my role model** | | | |
| **Objective:** | | Participants write or draw about their hopes, dreams and plans for the future.  SEL Competency: Self Awareness, responsible decision making  Developmental level: Advanced  Key message: I understand what a role model is, and can describe who mine is, and why. I know what the traits I admire are.  Time: 4 mins 30 seconds | |
|  | **Character name** | | **Content:** *Format*  (TONE OF ADDRESS)/‘Lines from script’/song/sound clip no. |
| **1.** | FX (sound FX) | | *STANDARD INTRODUCTORY JINGLE NO.xx* |
| **2.** | Host | | Today we will be thinking about the people we look up to. We will be learning about role models and what it means to be one.  Take out your journals or get a piece of paper and some writing or drawing materials! (pause) |
| **3.** | FX (Sound FX) | | Short musical interlude to give children at home enough time to get their journals – 30 seconds max |
| **4.** | Host | | Before we begin, I want you all to close your eyes. Take a deep breath in through your nose (pause) |
| **5.** | FX (Sound FX) | | Sound of an inhale |
| **6.** | Host | | and out through your mouth. |
| **7.** | FX (Sound FX) | | Sound of an exhale |
| **8.** | Host | | Again, take a deep breath in through your nose for 1, 2, 3, 4, 5, |
| **9.** | FX (Sound FX) | | Sound of an inhale starting while counting in text line above |
| **10.** | Host | | hold for 1, 2, 3, and let it out through your mouth for 1, 2, 3, 4, 5. |
| **11.** | FX (Sound FX) | | Sound of an exhale starting while counting in text line below |
| **12.** | Host | | One more time, take a deep breath in through your nose for 1, 2, 3, 4, 5, |
| **13.** | FX (Sound FX) | | Sound of an inhale starting while counting in text line above |
| **14.** | Host | | hold for 1, 2, 3, and let it out through your mouth for 1, 2, 3, 4, 5. |
| **15.** | FX (Sound FX) | | Sound of an exhale starting while counting in text line below |
|  | Host | | Do you feel calm and relaxed? |
|  | All | | Yes! |
|  | Host | | Can anyone tell me what it means to be a role model? |
|  | Child A | | Someone who is a good example |
|  | Child B | | Someone that demonstrates good values |
|  | Child C | | Someone I want to be more like |
|  | Host | | Very good! It is good to have role models in our lives because they can help us become the best we can possibly be.  Can you think of anyone who is a role model for you? it can be someone you know, like a parent or a teacher, or it can be someone you don’t know, maybe a famous leader like Nelson Mandela or Mother Teresa. It can even be someone who is not real, like a character in a book or a tv show.  Does anyone want to share who their role model is? |
|  | Child D | | My role model is my grandmother because she is very caring to others, she is very hard working, she is loyal to her family, and she is always trying to learn something new. |
|  | Host | | Wow! She sounds amazing! You are so lucky to have her as a grandmother!  Now I want you to create a page in your journals to write and draw about your role model!  Start by drawing a picture of the person you have chosen. Then I want you to explain what it is about that person that makes them your role model.  For example (Child D) will draw his grandmother. And underneath his drawing, he can write that she is very caring to others, she is very hard working, she is loyal to her family, and she is always tried to learn something new.  When you are finished, I want you to turn to a new page in your journal and write about three things you can do to become more like your role model!  (Child D) can you share with us what you might do to become more like your grandmother? |
|  | Child D | | I could make sure I am always nice to people and I could try my best to work hard. And I could be like her by always trying to learn new things! |
|  | Host | | Very good! Remember, role models are people who wee look up to. They are the people we want to be just like! Take all the time you need to figure out who your role model is, and when you do, think about all the things you admire about them. Maybe they are kind and caring, maybe they are brave and courageous, maybe they are hard working and intelligent. Maybe they are all of these things!  Knowing what you admire about your role models is important because then we practice doing the things we admire about our role models. The more we practice these things, the more we will become like our role models. |
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