



Personal Responsibility

ABOUT MORNINGSIDE CENTER

Morningside Center for Teaching Social Responsibility's evidence-validated programs engage young people in learning essential social and emotional skills and help educators build productive and respectful schools. The 4Rs Program combines superior children's books with engaging SEL activities that explore community, feelings, relationships, conflict, and problem-solving, adding depth to literacy instruction.

Taping our Strength

By: The 4Rs





Tapping Our Strength

Note to the teacher:

Tapping Our Strength is an excerpt from The 4Rs™ [Reading, Writing, Respect & Resolution] *Teaching Guide for Middle School*, Unit 10, Making a Difference, p. 180.

Time: 30 minutes

Materials: writing and drawing supplies

Say that people have a lot of strength within themselves, but we don't always notice what abilities we have. Everyone in the class has done difficult things, maybe without realizing how much they have accomplished. Today we are going to reflect on the power we have to make the world the way we want it to be.

- A. Ask the students to pair up and take turns talking about a time they did something that made the world a better place. Stress that it can be something big or small. Examples: saving someone's life, taking part in a walkathon for a cause, listening to a friend who was upset, cleaning one's room.
- B. Ask students to take turns talking for another couple of minutes about a personal quality they have that enabled them to be helpful.
- C. Ask volunteers to share with the class their responses to the two questions.
- D. Discuss: How did you feel doing what you did? Was it difficult? Easy?
- E. Are you planning to do something similar again? Does everyone have the power to make the world better?
- F. Have students write about or draw a picture of themselves in the situation they thought of.

The 4Rs™ Program combines superior children's books with engaging SEL activities that explore community, feelings, relationships, conflict, problem-solving and diversity, and adds depth to literacy instruction.