

Intended for Grades: 4-8 **Estimated Time:** 30-40 minutes

Lesson Title: I BELONG - The Four B's

Lesson Purpose: Students will:

- * Identify groups they belong to
- * Think about feelings attached to belonging to a group as well as not belonging

Materials & Preparation:

- * I Belong List - see below
- * Pencils

Background Information:

The understanding expressed in this lesson is called “The 4 B’s” - Believe, Behave, Belong, and Become. This information is from a well-known kupuna named Aunty Betty Jenkins, who has worked in schools teaching about Hawaiian culture for many years.

Believe: We must believe we have been given life - *Ola* - and with the gift of *Ola*, we have been given everything we need to be a success.

Behave: Knowing this we behave by living pono. We are always mindful to make pono choices.

Belong: Then we find our rightful place with our *'ohana* (family) and our beautiful community of _____.

Become: When we believe and behave, we become what we are destined to be - a good, contributing member of our *'ohana*, our school, our community, our *'aina* and our world. *-by Aunty Betty Jenkins*

Steps:

1. Pass out “I Belong” handout and have students list ten things about themselves, using “I am...” or “I belong to...” or “I am a member of....” Provide a few examples about yourself if needed. Have them turn in their lists. (5-10 min.)
2. Ask participants to stand in a circle. Tell them they are to move to the center of the circle when they hear a phrase that describes themselves. Invite them to pay attention to how they feel when they hear certain descriptions. Ask them to notice their own feelings as well as how others feel when they step in as part of the group or when they stay outside of the group.
3. The teacher then randomly reads various statements, choosing a variety of responses from different student lists. Remind students to observe how they feel as well as the reactions of others in the circle. (10 min.)
4. Discuss (whole class or small group) how participants felt at different times. You can debrief with reflection questions provided below. (10 min.)

- *Why don't people belong to all the exact same groups?*
- *What are some groups that people choose to belong to? (I.e. sports team; club)*
- *What are some groups that people have no choice about? (I.e. age)*
- *Can the groups that people belong to change? Give examples (e.g., 4th graders become 5th graders)*
- *Do some of the groups that people belong to stay the same? Give examples (e.g., "racial" or ethnic group; where someone is born, color of eyes, etc.)*

5. Return "I Belong" lists to participants and ask them to answer the two questions on the bottom of their handout (see below). Discuss responses.

Reflection Questions: (5 min.)

- *How do you feel identifying yourself as a member of these groups?*
- *How can this experience help you help others to feel like they belong?*

I Belong.....

Name:

Date:

1. List 10 statements about yourself. Start with one of these three phrases:

“I am....” “I belong to....” “I am a member of...”

Write 3 of each or mix your responses.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

2. Write a reflection below after your group discussion.

How do you feel identifying yourself as a member of these groups?

How can this experience help you to help others feel like they belong?

