

Intended for Grades: 4-8 Est. Time: 45-90 min.

Lesson Title: BELIEVE - BE A GIFT!

Lesson Purpose: Students will:

- \* Participate in an exercise to build confidence
- \* Receive positive encouragement to believe in themselves
- \* Experience success through service

Materials & Preparation:

- \* Scissors, markers, clear tape, glue
- \* Manila Envelopes - 8"x 11" or larger (one for each student) OR Boxes that students bring (Specify small size; NOTE: Boxes take a lot more time to decorate)
- \* Decorations for package: Magazines to cut; scrap colored paper; newspaper; gift wrap paper, ribbons, etc. Note: Ask students to bring some materials to use and share.

Background Information:

This lesson is based on teachings about The 4 B's (Believe, Behave, Belong, Become) from a well-known O'ahu kupuna, Auntie Betty Jenkins. This lesson can help students identify, celebrate, and remember their own special gifts. Regarding the term "Believe", Auntie Betty states:

"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."

-Auntie Betty Jenkins

Steps:

1. Share that students will be thinking about their own special qualities or personal gifts. Explain that this kind of gift might be a part of your personality, the way you behave and think. You can ask yourself, "What do others appreciate about me? What do I like about myself?"
2. Distribute and explain the Student Handout (see below). Create an example of a completed form with your students, either sharing about yourself, someone well known, or a class volunteer.
3. Share the provided lesson example of how the gifts of friendliness and creativity are explained in a letter format. Invite students to help each other identify their gifts.
4. Using nice stationary or any special paper, students can then transfer their handout notes to the stationary as if they were writing a special letter to them self. Remind participants to sign their name at the end.
5. Instruct students to fold their letter, place it in their envelope or box, and tape the package shut. Participants can then decorate their envelopes or boxes with available materials. Ask students to use markers to write key words that encourage them to believe in themselves. Tell students do not write their names on their boxes.

6. After each student wraps their gift with their letter inside, they will present their gift to another student. (Note: If there is an odd number, the teacher can be prepared with a gift to give so everyone receives a gift.)
7. Have the students look carefully at the wrappings and what words were presented on the gift. Have the students open the gift they get and read the letter silently. They then are asked to write a positive response to the person.
8. Have each student take turns reading their gift letter, starting with these words; This is a gift from.... Continue to read all the way to the end. Then read their own written response.
9. When everyone has shared, have the letters returned to the author. You can debrief this activity using the following reflection questions. Encourage students to keep their gift in a visible place as a reminder of how they each shine in unique ways.
10. Extension Activity:
  - Share the video "Heeia Believe" with students (2:39 min.) [click HERE](#).
  - Talk about the gifts demonstrated by these students and how this type of behavior is a pono.
  - Discuss how this information might benefit others, and how the group might be able to spread this idea to help everyone feel good about them self and treat others with a respect.

Reflection Questions: (5 min)

- \* What did you learn about yourself?
- \* How might writing to yourself encourage you to believe in yourself?
- \* How might sharing yourself with others encourage them to believe in themselves?

Resource:

**Link** to "Heeia Believe" video

I BELIEVE MY LIFE IS A GIFT

Name:	Date:
A. Here are two reasons why I believe my life is a gift:	
1.	
2.	
B. Below are 4 ways my gift(s) can help me to succeed:	
1.	
2.	
3.	
4.	
C. These are 6 ways I believe my life can be a gift to others:	
1.	
2.	
3.	
4.	
5.	
6.	
<p>D. Create your decorated envelope or gift box:</p> <ul style="list-style-type: none"> <li>* On stationary or nice paper, write a letter to yourself using information you wrote down for steps A-C. Don't forget to address the letter to yourself: (I.e.: Dear (your name) End with: Sincerely, (your name). When you write to yourself, write it as if you were writing to your best friend!</li> <li>* When finished with your letter, fold it and place in a cardboard box. Seal this box with tape.</li> <li>* Using scrap papers (magazines, newspapers, wrapping paper, etc.), wrap and decorate your box. If ribbons are available, use them, too.</li> <li>* Using markers, write words that help you believe in yourself, but <u>do not write your name on the box.</u></li> </ul>	

Sample letter:

Believe

DEAR LEIHULUKEA,

I believe your life is a gift in 2 ways:

1. I believe you are creative!
2. I believe you are friendly!

Your creativity can help you succeed because you can make things that people may want. Being creative can also help you think of lots of ways to take care of yourself and your family.

I believe being friendly will help you build strong relationships with people in your life and bring you happiness.

I believe being creative and friendly can be a gift to help people smile and laugh! It will give hope, and it will build up a strong foundation in any business, school, team, or family.

Sincerely,

Leihulukea

Believe in yourself because  
people need people like you!

Sample Gift Box made with magazines, ribbons, markers, and tape.  
Using large manila envelopes can streamline this project.

