

Materials	Access to the internet, paper, markers
Learning Outcome	Discuss what makes you human and develop self-awareness, social-awareness, and relationship skills.

Description

Invite the child to watch the read aloud video of [I am Human: A Book of Empathy](#) by Susan Verde. After the video, discuss the pages, sentences, or words that stood out to the child.

Ask the child how the book relates to them and their experiences. Provide the child with a piece of paper. Ask the child to draw a large circle taking up most of the paper. In the large circle, draw a smaller circle and write I am Human in the smaller circle supporting early literacy learners with writing.

Break up the bigger circle into four sections around the smaller circle. Invite the child to choose four sentences from the book that stood out to them or suggest some of the sentences below:

- Being human means I am not perfect.
- I make mistakes.
- I can hurt others with my words, my actions, and even my silence.
- I can be fearful of things I don't yet understand and timid to try something new.
- I can act with compassion and lend a helping hand. I can treat others with equality and be fair.
- I am not alone. I am connected to my friends, to my family, to the world. We are all humans together.

Have the child write each sentence in one of the sections of the circle and draw how it relates to their life or experiences. After they finished, ask them to share what they drew.

Emotional Well-Being Competencies



THINK

Develop cognitive skills and strategies that facilitate self-management, decision-making, and relationship skills.



FEEL

Develop affective skills and strategies that facilitate healthy and safe relationships with themselves, with others, and with their environment.



ACT

Practice behaviour skills and strategies that facilitate responsible decision-making, self-awareness, and social-awareness.



Reflection Questions

Reflection is important to support learning for emotional well-being. Consider asking the child the reflection questions below and discuss the answers together.

- *What was your favourite part about the book? Least favourite part?*
- *How would you explain this book to a friend?*