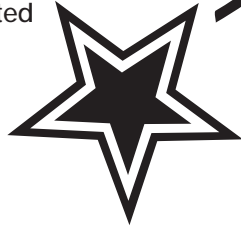




MISSION PLANS FOR GRADES 2-3
MISSION 1
APPRECIATING YOU AND ME

Adventures in learning, created
by Canadian dietitians



Students explore how they are similar and different, identify personal strengths and learn to appreciate themselves and others.

Learning Expectations:

1. Identify and appreciate similarities and differences between themselves and others.
2. Understand that individuals go through similar stages of development at different rates and times.
3. Identify personal strengths and demonstrate appreciation for own body and abilities.

Subject Links: Health, Social Studies, Language, Art, Physical Education

Materials & Resources:

- ☆ A map of the world for the classroom wall
- ☆ Thumbtacks
- ☆ Black construction paper (1 sheet per student)
- ☆ White pencil crayon
- ☆ Tape
- ☆ Film projector
- ☆ Stapler
- ☆ Lined paper (1 sheet per student)

Class Discussion:

Everyone has individual characteristics that are special and unique. To help students appreciate these differences, introduce the *MISSION NUTRITION** characters and what makes each of them

special and unique. The *MISSION NUTRITION** Team is curious about the similarities and differences among people on planet Earth. Discuss the similarities and diversity among students in your class.

- ☆ On a map of the world, mark with thumbtacks the countries/cultural heritages that are represented in your class.
- ☆ Explore the traditional celebrations, foods, dances, sports, games and costumes belonging to their different cultural heritages.

Teaching Tip:

Learning to appreciate differences and celebrate achievements from a young age is important for developing positive self-esteem and a healthy body image. This unit is a fun way for students to get to know and appreciate each other. Include your own special and unique characteristics as part of the discussion. This will provide a positive role model for students and will help them get to know you better.

Activities:

1. The *Interplanetary ID* activity sheet (see *Student Mission 1*) is designed to guide students to identify and appreciate similarities and differences between themselves and others. Divide the class into small

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resources for
Kindergarten to
Grade 8 are available in
English and French at
www.missionnutrition.ca
or by calling
1-888-876-3750.

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Continued

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groups and provide each student with a copy of the *Interplanetary ID* activity sheet. Using the sentence stems on the activity sheet as a guide, each student tells the group about himself/herself. Once everyone in the group has had a turn, students can return to their desks to complete their *Interplanetary ID*.

2. Create a silhouette of each student in your class. Tape a piece of black construction paper to a wall. Use a film projector to create a shadow on the black paper and have a parent volunteer or older student trace the profile of each student's head with a white pencil crayon. Have each student cut out his or her own silhouette. Staple a piece of lined paper to the bottom of the silhouette. Ask students to write their name at the top of the paper and the numbers 1 to 5 down the left side. Have each student write something he or she is good at beside number 1. Discuss how students feel when a classmate says something positive about them or notices something they are good at. Ask the students to give examples of such comments. Direct the students to pass their silhouette to the student sitting next to them so they can add a positive statement next to number 2. Keep the sheets circulating until each student has a silhouette with 5 positive statements about himself/herself.

Student Mission 1: Interplanetary ID
Completing the *Interplanetary ID* is a fun way for students to get on board with *MISSION NUTRITION**. They can add or draw a small picture of themselves.

When their ID is completed, they can fold it along the straight lines like a passport.

Home Connection:

Creating special photo posters using photos from birth to the present can help students appreciate that they all grow through the same stages at different rates.

At Home: With the help of a family member, ask students to look through photos of themselves from the time they were born to the present, and choose 5 or 6 favourites that show how they've grown and changed.

In Class: Provide each student with a piece of construction paper and ask them to create a timeline with their photos showing year of birth to current year. Depending on their writing skills, students can write a brief caption under each photo. Display the photo posters at school.

Active Learning: Groovy Moves

The *MISSION NUTRITION** Team is interested in knowing about how kids on Earth like to move their bodies to have fun and keep fit. In the school gym or outside (weather permitting), lead a group stretch to warm up. Then let students take turns (individually or with a partner) demonstrating their favourite active moves to music. Encourage them to be creative and unique in showing their classmates their personal strengths and abilities. Playing tunes students really enjoy will add to the fun while you do this activity.

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