

**Activity: Design a Cape****Focus:** Essential Employability Skills, Social/Emotional Learning**Grade Range:** K - 2nd**Time:** 30-40 minutes**INSTRUCTIONS**

1. Begin today's lesson by asking them about their favorite superheroes! Who do they love? Who do they think is the strongest/has the best superpower/does good things for others? Mentors can participate as well.
2. Read *Which Cape Will I Wear Today* aloud to students. \*Note: if teacher allows, you can move the students to a "group" setting (carpet, reading space).
3. Once finished with the story, engage in a short discussion about self-esteem with the group. The following are suggested questions:
  - What does it mean to have self-esteem?
  - What kinds of things did the characters in the story say about themselves?
  - What would it look like if you wore an invisible cape?
  - Think of one person you know—what kind of cape do you think they wear? (i.e. I think my mom wears a cape of love because she loves me).
4. Separate the students into small groups (4-5 students per group) with one mentor paired with each. Each group will need enough copies of "Design Your Own Self-Esteem Cape" for each student and coloring supplies.
5. Before passing the sheet out to students, have them take a minute or two to just think. Tell them to think about what they would want their invisible cape to say about them. What do they love about themselves? What are they good at? What is their "superpower"?
6. Hand one sheet to each student. Instruct students to write the thought they just had in their head somewhere on their cape (assist with spelling as necessary). Students can also choose a statement from the bank (mentors should read the statements out loud for the students).
7. Once they have written at least one thing on their cape, they can decorate it however they like! They can also design the superhero to look like them.
8. As time allows, students may share their capes with the whole group. Mentors can ask questions as students are sharing about things they put on their capes.

**SYNOPSIS**

Students will dive into their self-esteem, what makes them unique, and how to remember their strengths when things are hard.

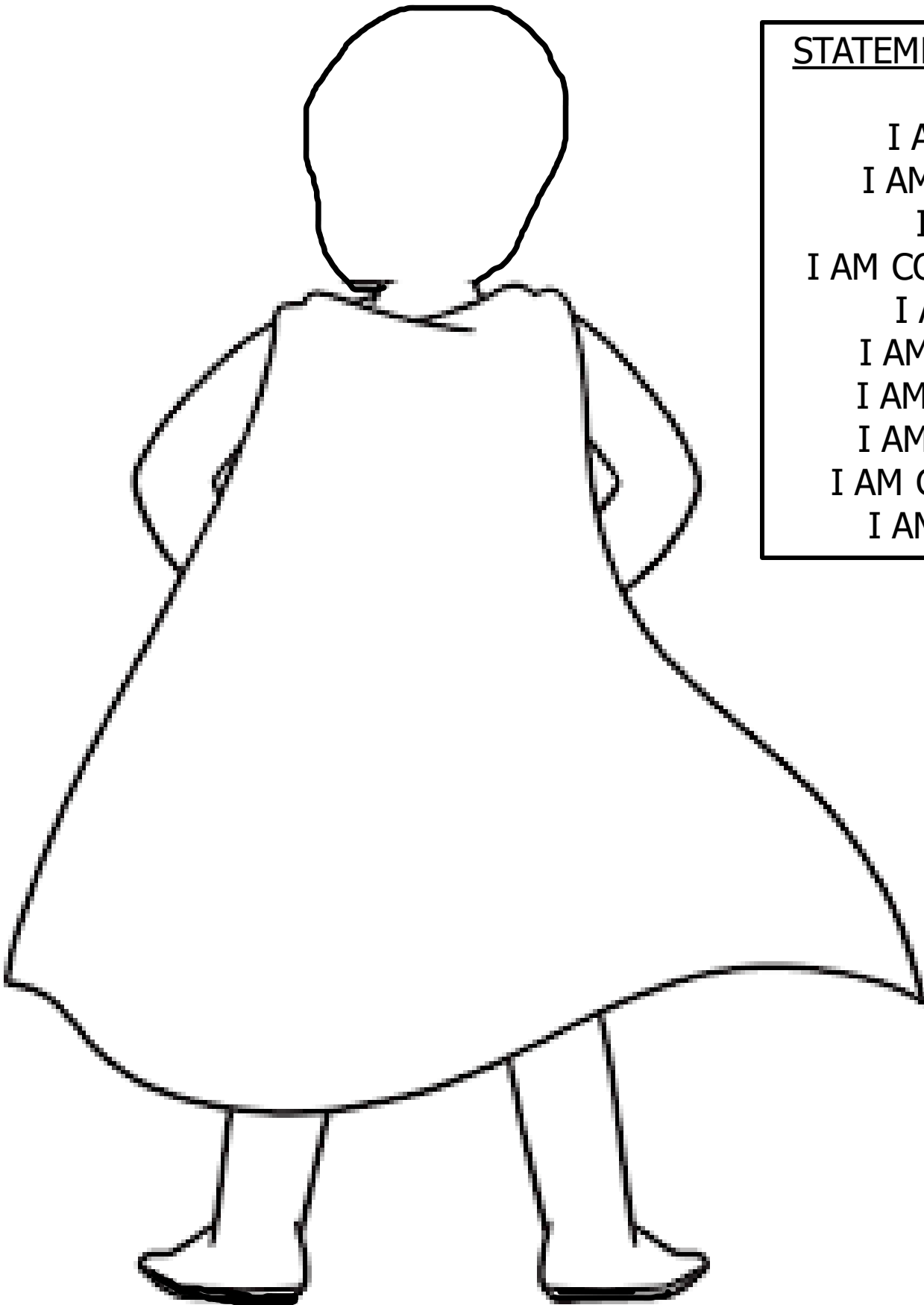
**MATERIALS**

- Book: *Which Cape Will I Wear Today?*
- Class set of "Design Your Own Self-Esteem Cape"
- Coloring supplies (whatever students have available for classroom use)

**TIPS**

- Check with your teacher in advance about available coloring supplies.
- As mentors, make your own cape ahead of time to share with the students! This gives a good example that adults need to have good self-esteem too.

## DESIGN YOUR OWN SELF-ESTEEM CAPE

STATEMENT BANK

I AM SMART  
I AM STRONG  
I AM KIND  
I AM CONFIDENT  
I AM BRAVE  
I AM CAPABLE  
I AM HELPFUL  
I AM ENOUGH  
I AM GRATEFUL  
I AM UNIQUE