

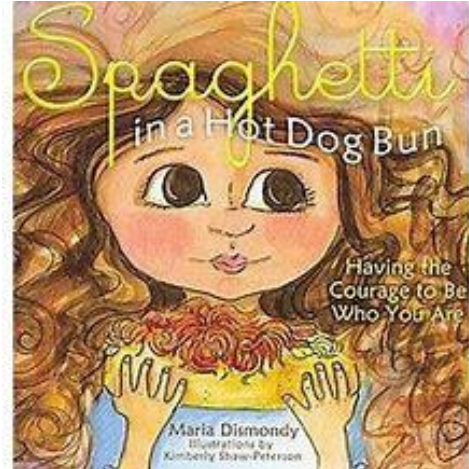
## Day 4 Theme: Motivate and Empower

**Book:** “Spaghetti in a Hot Dog Bun: Having the courage to be who you are” by Maria Dismondy. Read Aloud: <https://www.youtube.com/watch?v=3cXWrUJIOK8>

**Purpose:** This charming story empowers children to always do the right thing and be proud of themselves, even when they are faced with a difficult situation. When a child is empowered they will feel capable and confident. A child who sees their own value is not only more likely to overcome difficult situations, but to also help others. As parents and teachers, it is important to accept and celebrate what makes each child special.

**Handouts:** ‘I am Special’ Self-Portrait  
Thought of the Day Posters

**Activity:** Read: *Spaghetti in a Hot Dog Bun* by Maria Dismondy



1. Talk about what is courage and identify ways they can demonstrate courage each day.
2. Have children talk about what makes them special. Take the time to focus on strengths and identify what makes each child unique. Be sure to write them down and add to the list regularly!
3. Use the ‘I am Special’ Self-Portrait and provide markers or crayons, construction paper, magazines, etc. for children to create representations of themselves; focusing on traits that make them special. For more fun, take pictures of each child’s face and glue it onto their body!
4. Motivate and empower your students to utilize their strengths by starting each day with a ‘Thought of the Day.’