

Lesson Name:

This is Not... This is!

Student Objectives:

- Create positive affirmations for yourself.
- Find images to illustrate positive affirmations.

Educator Preparation:

- Familiarize yourself with the lesson outline and the story.
- Read "[This is Not a Small Voice](#)" poem.
- Be ready to share an example of your own affirmations.
- Prepare a graphic [organizer worksheet](#) for students and create modeled examples.

Introduction:

Hello! Today I am sharing with you a lesson about how to write your own affirmations to develop a more positive self-image. By developing these affirmations for yourself, we can begin to reflect on how you can work on developing a more positive self-image for yourself.

Instruction:

In our earlier lesson, we looked at the importance of developing positive affirmations about yourself because they help you become your more idealized self. Affirmations kind of work as the opposite of that little voice in your head of self-doubt. Instead, affirmations become the voice in your head of self-confidence—helping to combat that voice of self-doubt and enabling you to become your idealized self. Today, you will be exploring this concept more deeply by thinking about how to create positive affirmations for yourself.

Interaction:

To help us think about creating our own affirmations, we are going to be reading a poem together that uses positive affirmations to show the power that one individual can have in changing the world in beautiful ways. The poet begins by taking negative language, but turns this language into something positive and powerful. Let's read the poem together.

Read the poem "[This is Not a Small Voice.](#)" Slideshow is [here](#).

Closure:

In our poem today, the author creates these powerful affirmations to show the difference that one person can make. Rather than putting herself down, she relates herself to these images of strength and beauty. These images encourage us to do that same. As we reflect today, I want you to think about what you are not. In the poem she is not a small voice; she is not a small love. These lines create positive affirmations to reflect on. Then, the poet creates positive lines of affirmation: she is a large voice; she is a large love.

By creating these affirmations, she is able to reflect on her own beauty and power. Let these lines inspire you to think about what you are not. You might consider negative words that people have used to describe you and then create a line starting with "This is not..." For example, maybe someone has called you silly before and put you down with those words. You could create an affirmation saying, "This is not a silly idea." Then, think about what you want to be—your idealized self. Use that to create a positive affirmation. For example, "This is an idea with complexity." Think about what you are not, and what you want to be.

Activity:

We will be practicing with these lines starting with "This is not..." and "This is..." to create positive affirmations on a graphic organizer.

Teacher goes over a [graphic organizer](#) with students and provides a modeled example.

As you write these affirmations, think about how you can use these affirmations to focus on becoming your idealized self and find the confidence to grow into that role as you reflect on your affirmations!

Additional Resources:

- [Sonia Sanchez Reading Poetry](#)
- [Reading comprehension questions on "This is Not a Small Voice"](#)