

# Lucky Dog Humane Education Freddie/Ferris – “I am” Mantras

## Aligns to the following Common Core Standards for K-5

(ELA = English Language Arts)

! **ELA Speaking and Listening** - Standards 5 & 6

## Aligns to Social Emotional Learning Outcomes

! **Self Awareness:** Identifying emotions, thoughts and values

! **Self Management:** Self-discipline - Impulse control

! **Social Awareness:** Perspective-talking - Empathy - Respect for others - Diversity

! **Relationship Skills:** Communication - Relationship building

! **Responsible Decision-making:** Identifying problems - Analyzing situations - Solving Problems - Ethical responsibility - Reflecting

**OBJECTIVE:** To inspire children to believe in themselves and value themselves

**PREPARATION:** Children will meet Pawfessors Ferris and Freddie (and their mom Angela Aden) Students will learn to see the value in themselves EXACTLY as they are!!

**IMPLEMENTATION:** Teach kids different styles of Mantras. The simplest being the “I am” Mantra where students make a list or cloud of short “I am” statements. (Not “I will be” or “I want to be” but simply “I am” to reinforce that they are worthy and valuable exactly as they are right now.)

I AM STRONG  
I AM BRAVE  
I AM LOVABLE  
I AM WORTHY  
I AM A GOOD FRIEND  
I AM KIND  
I AM JOYFUL  
I AM TALENTED  
I AM FUN  
I AM SMART  
I AM ENOUGH

### Materials:

Paper, pens, colored pencils, and sample Mantra art visuals

**Concepts:** Teaching basic Mantra development and mindfulness. Teaching self-worth and self-belief.

**CONCLUSION:** Have children keep their Mantras in a special place and encourage them to read their mantras aloud to themselves at least once a day.

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