

BORN TO STAND OUT

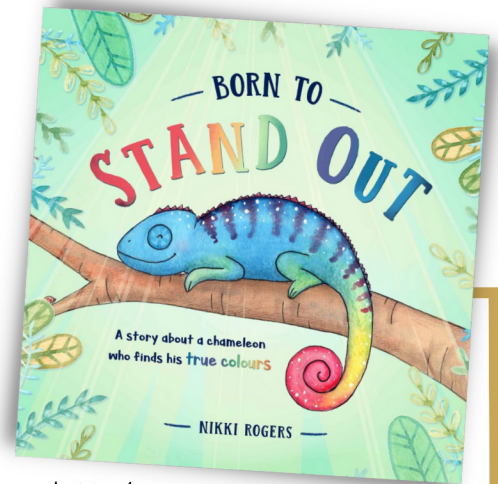
By Nikki Rogers

Lesson Preparation

- Print a copy of each sheet per student.

Start by saying

- Have you ever done something just because everyone else was doing it? (Like wearing a certain piece of clothing? Once I bought a Starter Jacket with the Chicago Bulls on it just because everyone had it. I didn't like sports or the jacket.) Why is it important to be you and not everyone else? (For example: We are all unique and make the world a fun and amazing place. If we all did the same thing, it would be quite boring.) What happens when we join a group of people that are being mean to others? (We're not embracing others greatness nor being ourselves). Let's find out how Camo felt when he joined in with others.



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Read the book

Point out how each chameleon looks different on the outside. On each page comment on what Camo's wishes were (for example, he didn't really like wearing ties, yet he did it to be like others). During the second half of the book, point out how Camo felt once he was his true self.

After reading

Do you think the chameleons were different on the inside and outside? How about us? (For example: yes, we're all different on the outside and inside. We each have our own unique traits, which makes our school and world fun!)

Activity Time

- Group Activity: Get a jar filled with M&Ms (know the total) and ask students to write down a guess of how many are inside. Then, tell them to compare their answer in small groups. After everyone compares and discusses, ask if they would like to adjust their response. How many decided to change it? Talk about how it's good to be open to changes and careful about how often others influence us. (You may gift a winner.)
- Individual + Class Activity: students must fill out the unique sheet (have them hang their sheets on the wall or hold them up to share with others).
- Individual Activity: Understanding positive versus negative peer pressure!
- Individual Activity: Ask kids to partner up, color, draw, and add a compliment to their friend. Add all sheets to a mural area to inspire them to be kind.

Needed Material

- Pencil
- Coloring pencils
- Pack of M&Ms + Jar



Write down one unique thing about yourself!

Now draw yourself doing something you love below:

I am **UNIQUE**





Peer pressure is often negative, but it can be positive! Add a + for when it's positive, and a - when it's negative on the scenarios below:

Situation:

+ or -?

You found a candy bag that belongs to Lina. Your friend tells you to share it with him, but you want to return it. He calls you boring and says he won't be your friend anymore if you give it back.

You plan to watch a movie in the afternoon. Your best friend says he's going to review for the test tomorrow. He suggests you leave the movie for another day, and study instead - since your last grade wasn't good.

Your friends are going to jog before school. You don't really like running but you know it's good for your health so decide to join them when they invite you.

You heard that nobody is going to Stacey's party because they think she's weird. They say anyone who wants to go is weird too.

You see a friend who is always encouraging others and helping out. One day he offers to take your pencil shavings to the bin. He inspires you to look out for opportunities to be kind and helpful too.



Draw a top hat on top of Camo, color him your own way, then write a compliment for a friend in the speech bubble.

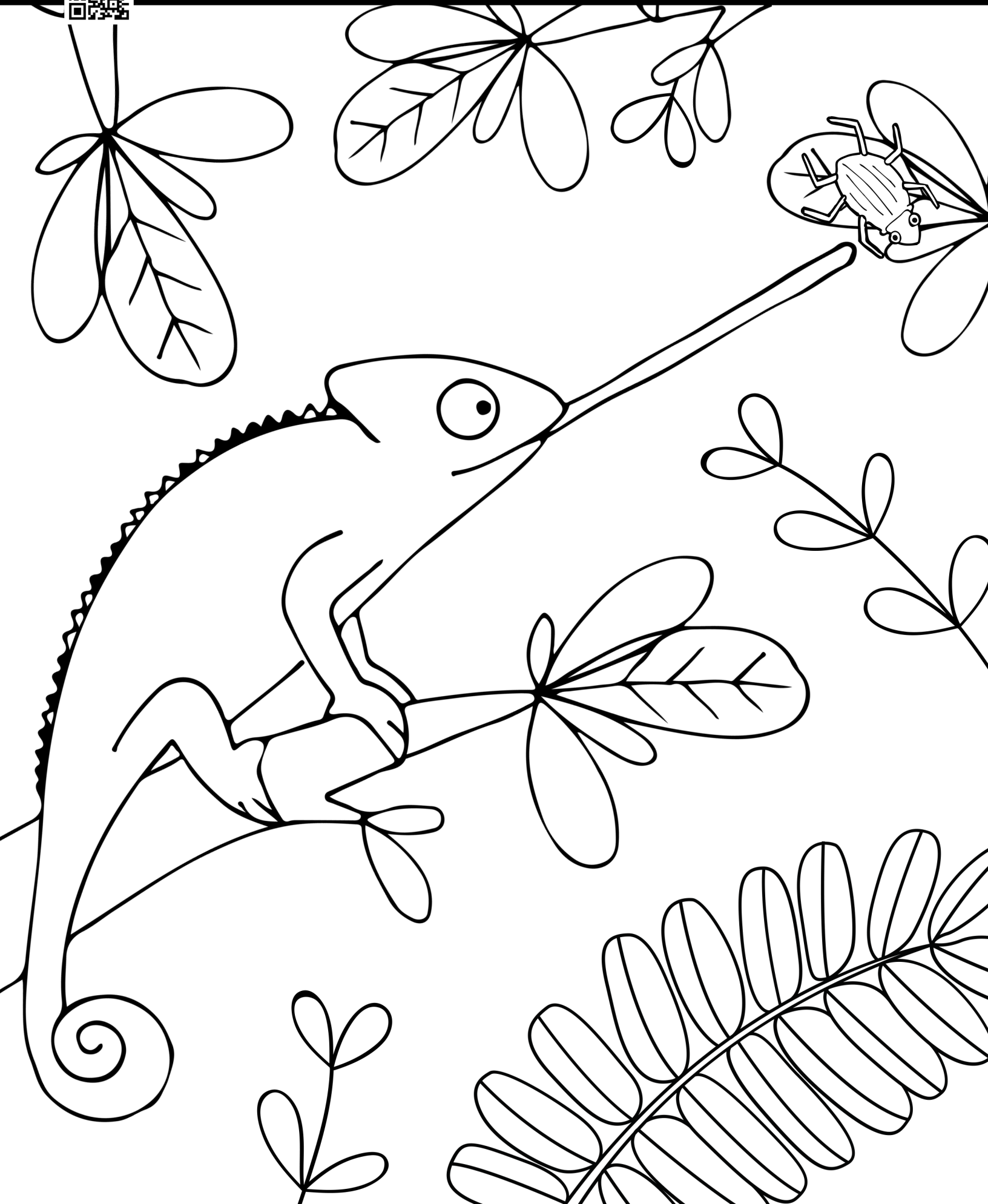


THE
WORLD
IS MORE COLORFUL
WHEN WE ARE
OURSELVES!



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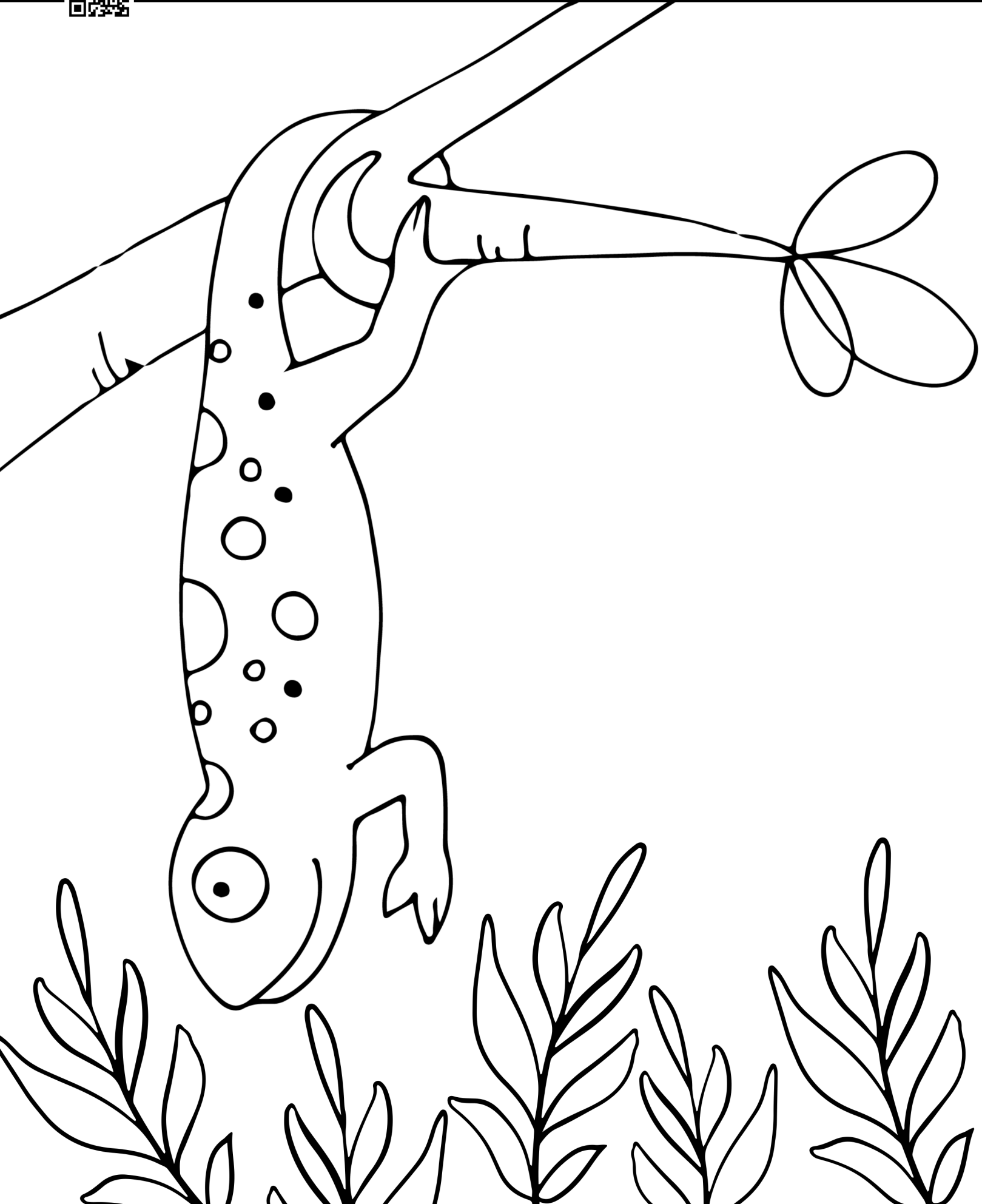
Extra - Coloring Pages: PEER PRESSURE





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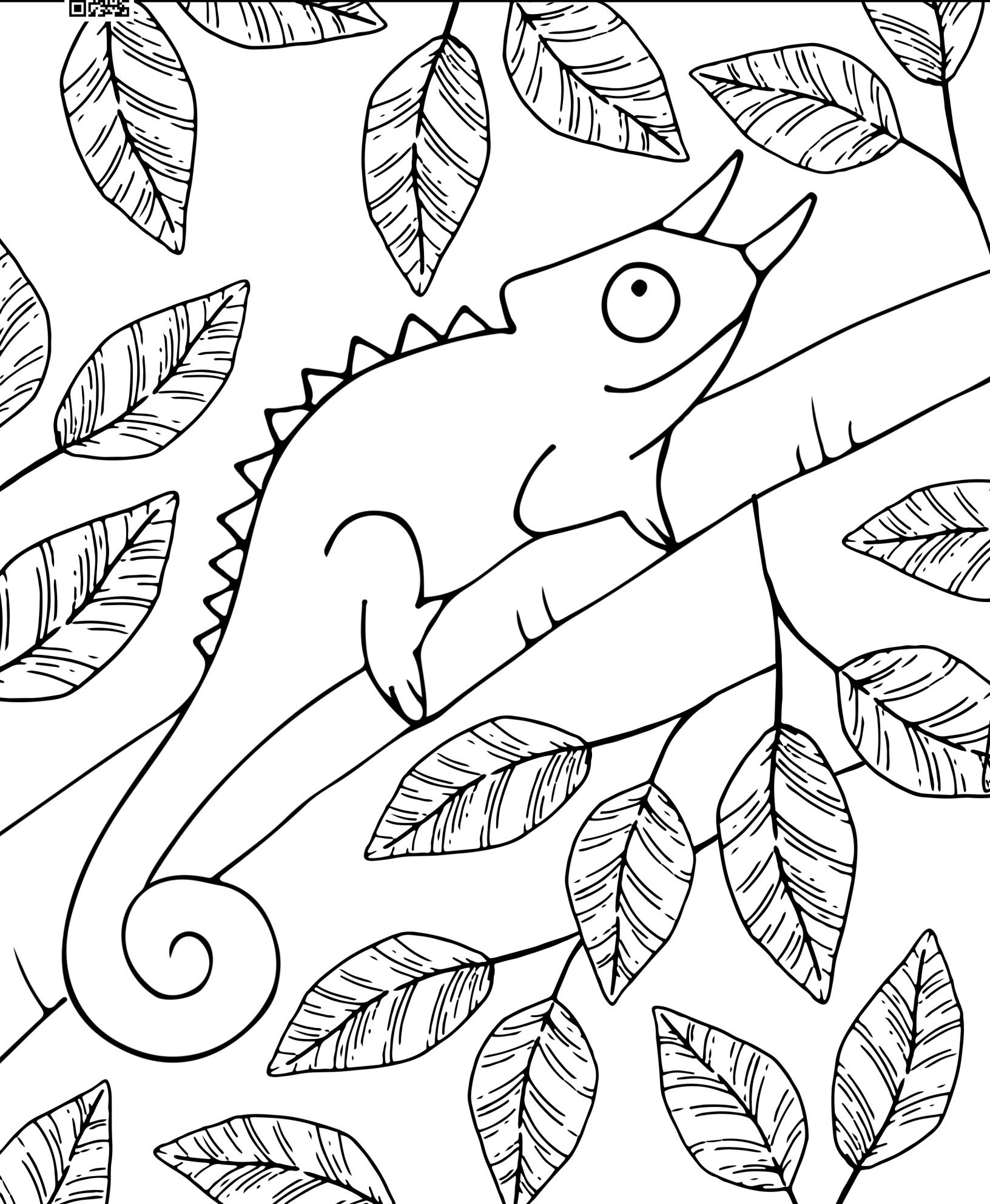
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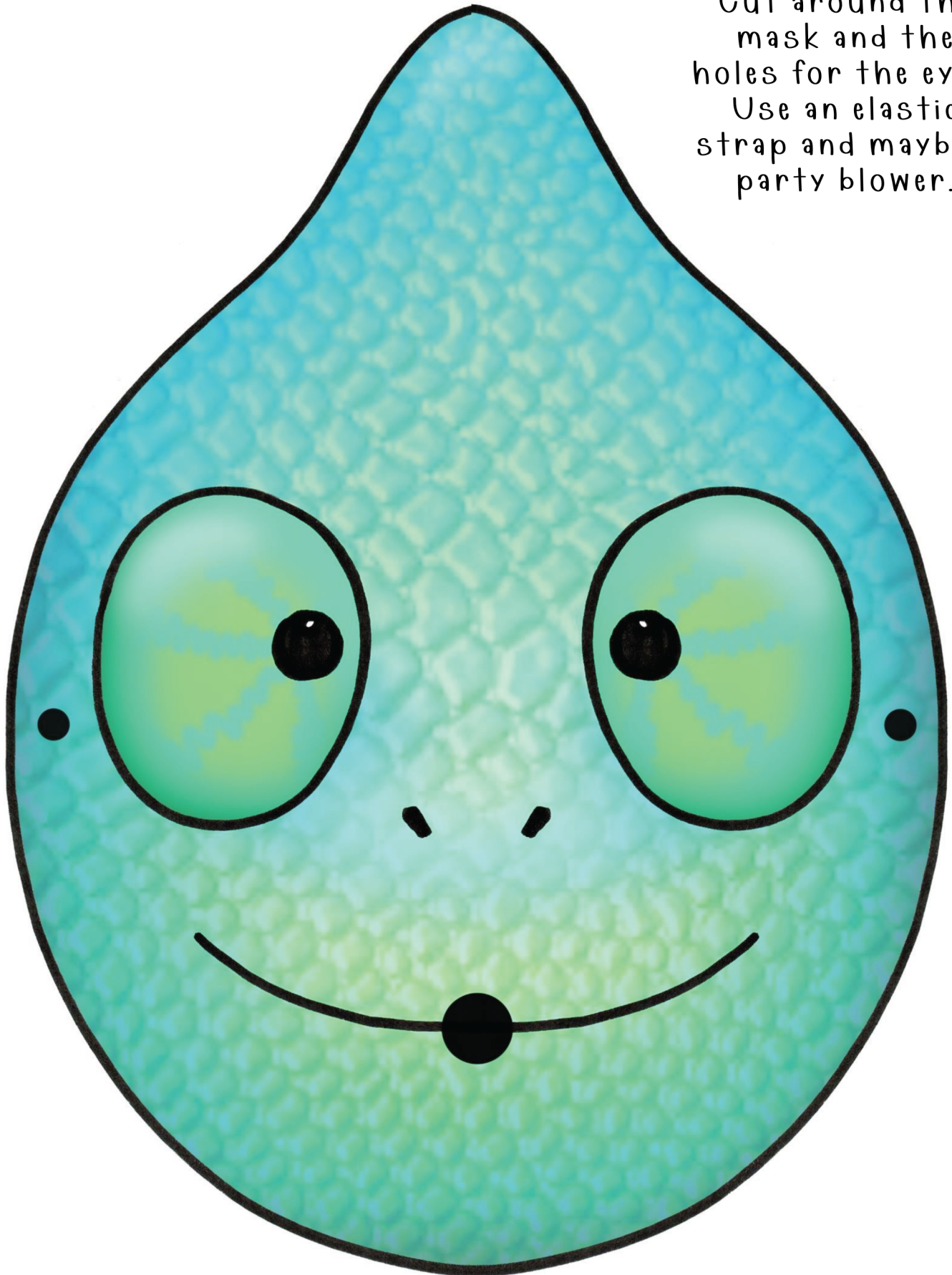




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Extra-Mask: PEER PRESSURE

Cut around the mask and the holes for the eyes. Use an elastic strap and maybe a party blower.





Materials:

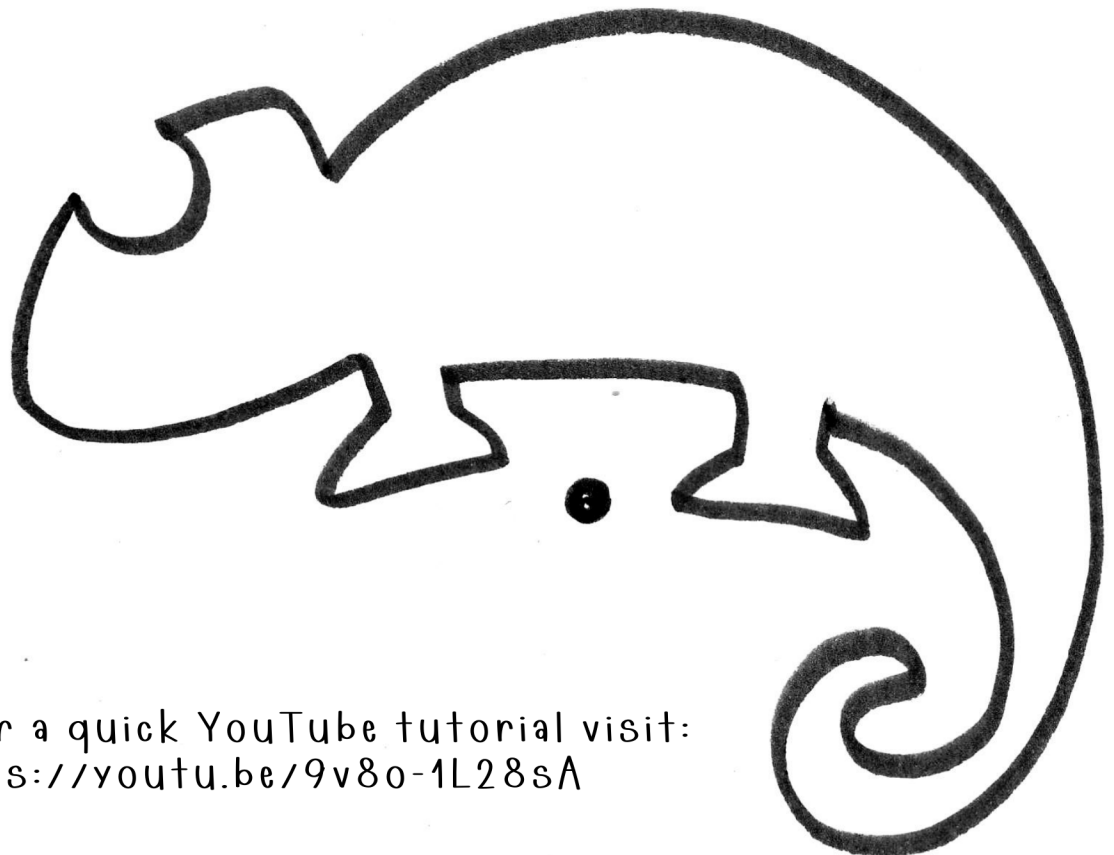
- 2 x paper plates
- Stick-on googly eye
- Brass paper fastener/ split pin
- Paint or pens
- Hole punch
- Chameleon stencil (below)
- Stanley knife or scissors to cut chameleon shape (adults only)

Steps:

1. Trace the chameleon shape below onto 1 paper plate.
2. Cut it out using a Stanley knife or scissors (adult only).
3. Punch a hole in the middle of the plate.
4. Fully color the second plate using pens or paint (kids)
5. Fasten both plates together with a paper fastener/split pin through the hole in the center of the plate
6. Glue or stick a googly eye on your chameleon and decorate the top plate as you like.

Ready?

Spin the bottom plate to watch your chameleon change color.



* For a quick YouTube tutorial visit:
<https://youtu.be/9v8o-1L28sA>