



WHAT MAKES ME A SUPERSTAR?



Author Lesson For Prep, Year 1 & Year 2

Lesson Overview

In this identity activity, children will explore how differences make each and every one of us special and unique. Students will spend time identifying both internal and external characteristics that people possess, while recognising and reflecting on their own personal qualities and achievements.

Accompanying Resources

Activity Sheet – ‘What Makes Me A Superstar’

Differentiation

*Author adjusts depth of questions and length of time spent on each activity across year levels.
Adapt Drawing/ Writing for closing activity.*

Lesson Flow

Opening: Follow the reading of ‘Myrtle’s Magical Medicine’, and the performance of ‘Myrtle’s Mirror’,

Students sit in a circle on the floor. Author leads a discussion around how Myrtle had a very special talent, her laugh. As a class, unpack how she didn’t love her laugh to begin with but she soon realised it was what actually made her very special, a SUPERSTAR in her own way. State that we all have differences, we aren’t exactly like our friends, or family. We are all made up of things that make us special in our own unique ways.

Body:

Circle Share, and talk about differences and uniqueness’s that we can see on the outside of somebody. Allow students to share ideas, reminding students to be kind when sharing.


Author then leads with questions about external differences. Students raise hand if it applies to them.

Example: “Who has Red Hair?”, “Green Eyes?”, “Freckles?”, “A Cool Scar?”, “Who is Tall/ Short?”, “Who Has Long/ Short Fingers”.





Lesson Flow Continued



Circle Share, and talk about differences and uniqueness's that we can't see on the outside of someone's body. Something we might not know about someone by looking at them.

Author then leads with questions:

“Who Can Sing Well?”, “Who is a Great Runner?”, “Who can do a Handstand?”, “Who can Sing the Alphabet Backwards?”, “Who has Lost the Most Teeth?”, “Who Tries Their Best to think Happy Thoughts like Myrtle?”.

Discuss how all these things, the stuff on the outside AND the inside help to shape the wonderful unique person you are. All these things make you special and should be celebrated!

Referring back to book, discuss other things about Myrtle that make her special. What did the students notice?

Now ask students to think about something special about themselves. Something that maybe someone else doesn't know, or have (same colour hair etc) or can't do the way they can.

Give 1 minute of quiet thinking time with eyes closed.

Buddy students up with a partner and ask them to share their special trait. Remind students that they have to be positive in response when others are sharing.

Consolidating:

Students are given time to reflect on learnings by drawing/writing about their individual uniqueness (activity sheet).

Author selects students to share a special trait that makes them a superstar with the whole class, encourage students to give demonstrations where appropriate/possible.

Time permitting, Final Message from Myrtle – Repeat Performance of “Myrtle’s Magical Mirror”.

