

Take an (Un)selfie

How does it help students?

- Students are able to practice being selfless through their recognition of other people's worth in their lives.

What will we need?

- Camera
- Printed photos
- Picture frame

How do we do it?

- Consider a person for whom you feel grateful. What is it about what that person shares with you that makes them amazing?
- With permission, take a photo with that person.
- Put your printed photo in a special picture frame labeled with the words "I am grateful" (or a similar phrase).

Additional Notes:

- Photos can also be stored in a digital file instead of being printed.
- Instead of taking photos, younger children may enjoy drawing pictures of the special people in their lives.

Source: Jacklyn Czekaj