



OPTIONAL EXTENSION

It Takes One Unit Grade 2 • Ages 7-8

TIME FRAME

Preparation: 15 minutes
Instruction: 5 minutes to explain,
time varies for project

MATERIALS

Red, yellow, blue, green, purple and
orange construction paper

Glue, markers, scissors, etc.

Your self-portrait collage as a sample

RAK journals

[Kindness Concept Posters](#): Gratitude

LEARNING STANDARDS

Common Core: CCSS.ELA-Literacy.
SL.2.1, 1a-c, 2, 3, 4, 5, 6; CCSS.ELA-Lit-
eracy.L.2.1 Colorado: Reading, Writing
and Communicating S.1, GLE.1, EO.a-f;
S.1, GLE.2, EO.a-c; Visual Arts S.1,
GLE.1, EO.a-c

[Learning standards key](#)

OPTIONAL EXTENSION

The Art of One

Students will explore their unique personality
and represent it in a color portrait.

Lesson Background for Teachers

This lesson builds on the previous lesson in this unit.

Having higher levels of gratitude is positively associated with higher
levels of happiness.

Key Terms for Students

Consider writing key terms on the board before class to introduce vocabulary and
increase understanding.

PERSONALITY All of the qualities that make a person
different from other people.

GRATITUDE Being thankful for and appreciating what
you have and those around you.

TIPS FOR DIVERSE LEARNERS

Students might benefit from:

- Seeing the key for the colors from the story on a document camera or overhead.
- Looking in a mirror or a picture of themselves as a reference.
- Writing down ideas for their portrait before creating it.

Resources

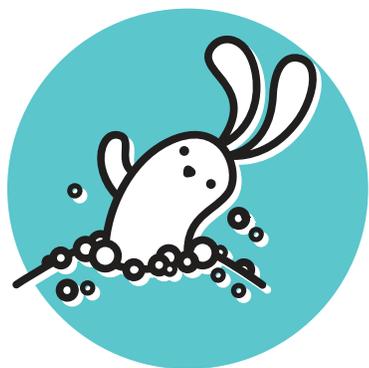
Color emotions wheel: <http://info.shiftelearning.com/blog/bid/348188/6-Ways-Color-Psychology-Can-Be-Used-to-Design-Effective-eLearning>

RAK lessons teach kindness skills through a step-by-step framework of **Inspire, Empower, Act** and **Share**.

However, each lesson starts with the **Share** step to reinforce learning from previous lessons.



The RAK paradigm is the framework for teaching and building kindness skills.



Share (3 mins)

In groups of 2 or 3, share your responses from your homework last week about how we can be upstanders.

Inspire (5 mins)

*In One, the colors each had their own **personality**. Do you remember what words were used to describe their **personality**?*

Write on the board: Blue is quiet, Yellow is sunny, Green is bright, Purple is regal, Orange is outgoing, Red is hot.

You may feel different ways at different times, but I want you to think about which color describes how you see yourself most of the time and what other colors describe you sometimes. Using the construction paper, you are going to make an art collage. In this collage, you are going to include colors...maybe you want to include all the colors, cut into different sizes. Or maybe you want to use one color. You can use a lot of pieces or a few depending on what you want your picture to look like. You are going to take the colors and create a picture that represents yourself using the colors. You can add different colors too if you can think of what they mean. On the back of your picture, write what each color means to you.

Show the students your self-portrait as an example before they start or after, depending on what you think is most appropriate.

Empower

The Art of One (5 mins to explain, time varies for project)

Allow time for students to create their self-portrait.

Then have them present their portrait to the rest of the class (and show yours if you haven't already) and explain their portrait to the other students.

Wrap Up (5 mins)

To gauge understanding of the material, choose from either the evaluation or reflection questions as discussion, writing or journal prompts. Consider providing additional time for deeper evaluation and reflection as needed.

Evaluation Questions

- *In looking at the portraits, what do you see that is the same?*
- *What do you see that is different between the collages?*
- *How would you describe your **personality**?*

Reflection Questions

- *What if we were all exactly the same? What would that be like?*
- *How do you think as a class we can celebrate our different **personalities** and treat each other with respect and kindness?*
- *Are there certain **personalities** that you find it more challenging to get along with? What are some ways you can show kindness to these people?*

Summary

*When we look at the self-portraits they are all unique. Some of us used yellow, some used orange, some used a lot of green. We all have different **personalities**.*



Act (2 mins)

Kindness Minute

Choose one of the portraits you like and tell the person who made it what you like most about it!

Kindness in Action

Share your collage with someone at home and explain what the different colors you used represent.

