

Unit 4H: Fitting In Versus Belonging



Teacher's Notes:

How To Begin and End Each Lesson

Begin With a Breath Brake

Instruct students to stand at attention, repeat the hand motions and the mantra, **Power Peace Purpose**, and end with a bow. Ask students to take several breaths to clear their minds and prepare to watch the video.

Teacher Statement:



The Breath Brake helps us clear our minds, relax and focus. Focused breathing stops the flow of stress chemicals from the brain. You can close your eyes if you want to. Follow along:

- ★ *Breathe in through your nose, slowly and deeply. Think of each breath as a wave as it gently raises, holds, and then slowly lowers your body.*
- ★ *Hold it for three seconds.*
- ★ *Breathe out slowly and steadily from your mouth while you feel your body gently relax.*
- ★ *Breathe in and visualize that you are breathing in a powerful light.*
- ★ *Breathe out and imagine you are blowing out any darkness.*
- ★ *Breathe in, hold for 3 seconds, then breathe out. Repeat as needed.*

*Remember when you breathe, you are helping others who need your light. **Power Peace Purpose.***

There are thousands of children around the world who spend a lot of time in the hospital. Sometimes, they feel very lonely. When you join the Heroes Circle, it makes them feel better. When you do your power breathing you are also teaching your family and friends around you. You are an amazing teacher and a good friend!

End with Power Peace Purpose:

Recite and review the Power Peace Purpose mantra with students at the end of each day's lesson. Then, the students bow.



The Breath Brake helps you restore your power, brings you to a place of peace, and enables you to understand your purpose.

Unit 4H: Fitting In Versus Belonging

Day 1: WATCH



Focus: Social Awareness

Students will watch a video about fitting in versus belonging.

Learning Objectives:

In this lesson, students will:

- Identify the difference between fitting in and belonging.
- Describe how trying to fit in and wanting to feel accepted can be stressful.
- Practice the Breath Brake and repeat the **Power Peace Purpose** mantra.

Time Requirement:

15 minutes



Materials Needed:

Video - HeroesCircle.org/SupportMaterials4

Lesson Process:

1 Begin with a Breath Brake:

Begin with the mantra **Power Peace Purpose**. Then, students bow.
Lead students through a Breath Brake.

2 Introduce key concepts:



Today we will watch a video about fitting in versus belonging. Being part of a group feels good and can be fun. Belonging is a basic social need we all have - friends can be supportive, helpful, and fun. We all need and want friends, but there are powerful ways to get them that help you stay true to yourself. Pay attention to the differences between belonging and trying hard to fit in.

3 Show the video:

Show the video – HeroesCircle.org/SupportMaterials4

4 Talk about key concepts:



Sometimes, we really want to be part of a group or belong to the group and feel accepted, so we try hard to fit in by doing what the other members of the group do. We might find ourselves doing things that we wouldn't normally do or agreeing with things that we really don't believe are right for us. We might wear certain clothes, listen to certain kinds of music, eat certain foods, or even participate in certain behaviors just to be accepted.

Use the following talking points to discuss as a class, in small groups, or in student pairs:

- What were some key messages you remember from the video? Responses may include:
 - You don't have to change yourself to fit in.
 - If people don't like you for who you are, find other people who do.
 - Be yourself and stay true to what you like and believe in.
- Give an example of what someone might do to try to fit in. Responses may include:
 - Pretend to like something when they don't.
 - Wear different clothes, change how they act, or give up other important things.
 - Go along with negative behavior, stealing or bullying others to be accepted, etc.
- What could you say or do to help someone outside of the group feel accepted? Responses may include:
 - Make an effort to include that person more in activities or conversations.
 - Talk to the person directly or sit next to the person.



5 End with Power Peace Purpose mantra:

Power Peace Purpose. Then, students bow.

Day 2: THINK



Focus: Responsible Decision Making

Students will be encouraged to think and talk about fitting in versus belonging.

Learning Objectives: In this lesson, students will:

- Describe how trying to fit in with a group of friends can be stressful.
- Analyze how trying to fit in may affect your ability to decide for yourself.
- Practice the Breath Brake and recite the **Power Peace Purpose** mantra.

Time Requirement:

15 minutes



Decorative squiggly line

Materials Needed: N/A

Lesson Process:

1 Begin with a Breath Brake:

Begin with the mantra **Power Peace Purpose**. Then, students bow. Lead students through a Breath Brake.

2 Review key concepts:



Think about the video that we watched yesterday. We learned a big difference between belonging and trying to fit in. We all want to belong and feel accepted, but sometimes we find ourselves trying too hard to fit in, so much that we lose who we really are and what we believe in. Losing yourself is stressful!

Ask students to remember and share what they learned from the video.

3 Think about key concepts:



Today we will talk more about why trying to fit in is stressful. Some people want to be accepted and liked so much that they will change what they like or do just to fit in. We all want to be liked and accepted by others. That does not mean we must twist ourselves into pretzels trying to fit in. When we follow the lead of others, we lose our ability to make decisions for ourselves. We aren't being true to who we are.

Teacher will provide an example of a time that they were new to a situation and what they did to fit in with the others.

4 Talk about key concepts:

Use the following talking points to encourage discussion as a class, in small groups, or in partner pairs:

- Peer pressure is one way that friends can influence the decisions you make. Give a specific example to illustrate this idea. Responses may include:
 - A friend might ask you to steal or cheat even though you know it's wrong.
 - A friend might ask you to lie or cover for him or her to avoid punishment.
 - A person might threaten friendship if you don't go along with him or her.
- Give an example of what someone might do or say to fit in. Responses may include:
 - Change how they dress, eat, act, or what they like.
 - Drop other friends that the new friends don't like.
 - Give up activities they like to spend time with new friends.
- How can you stay true to yourself, even when you want to fit in? Responses may include:
 - Use your confidence as a powerful martial artist to say "no" if you disagree.
 - Tell the people how you really feel and think.
 - Find people that accept you as you are.
- How can the stress of trying to fit in affect your decisions? Responses may include:
 - The group might pressure you into making a bad decision.
 - If you want to be accepted, you might just follow the group's decision.
 - If you don't go along with the group, they might not be your friend.



5 End with Power Peace Purpose:

Power Peace Purpose. Then, students bow.

Unit 4H: Fitting In Versus Belonging

Day 3: DISCUSS

Focus: Relationship Skills

Students will engage in discussions about fitting in versus belonging.

Learning Objectives: In this lesson, students will:

- Identify why it's important to find and listen to your inner voice.
- Analyze the importance of belonging to a group AND being true to yourself.
- Practice the Breath Brake and repeat the **Power Peace Purpose** mantra.

Time Requirement:

15 minutes



Materials Needed: N/A

Lesson Process:

1 Begin with a Breath Brake:

Begin with the mantra **Power Peace Purpose**. Then, students bow. Lead students through a Breath Brake.

2 Review key concepts:



In the video, we learned that most people want to belong and feel accepted by others because that's a basic human need. It's fun to have friends and be a part of a group. Sometimes, people try too hard to fit in, which can become stressful because they aren't true to themselves. Instead, they are letting the group decide who they should be and just following along. Those people aren't thinking for themselves or choosing what's right for them.

Ask students to describe what they remember and learned about fitting in versus belonging.

3 Discuss key concepts:



Today we will talk more about finding and listening to your inner voice instead of just following others or a group. When you find your inner voice, listen to what it tells you. It will help you stay true to yourself and feel more powerful. Choose what feels right to you, not just what the group says or does.

[Pause between questions to allow students to think and/or share their response with a partner.]

Think about a time when your friend asked you to do something you didn't want to do.

- *How did that make you feel?*
- *Where did you feel it in your body?*
- *Did that trigger a stress response?*

Remember: The stress response is a signal that something's not right. When you feel the response, take a Breath Brake and then listen to your inner voice. What is it trying to tell you? When you can think clearly, you can trust yourself to do what feels right. You can say 'no,' change the topic, or walk away when something is uncomfortable. Belonging means that your friends like you who for who you are. It's OK to have different opinions and points of view or to act differently from the crowd. Belonging means you don't have to prove yourself to anyone or change who you are to feel accepted.

Use the following talking points to encourage discussion as a class, in small groups, or in pairs:

- **What does it mean to be true to yourself? How might acting fake affect a friendship?**

Responses may include:

- If you aren't true to yourself, then your friends might treat you like puppets who will do whatever they say.
- If friends act fake, they might not be able to trust each other.
- If you act fake, your friends will know, and they won't learn about the real you.

- **Describe a situation in which trying to fit in could lead to a conflict between friends?**

Responses will vary:

- **How can friends help each other to feel accepted for who they are? Responses will vary**
- **How could being honest with others build more powerful connections? Responses will vary.**

4 End with Power Peace Purpose:

Power Peace Purpose. Then, students bow.

Day 4: APPLY



Focus: Self-Management

Students will work independently to apply the concepts from the video to a self-reflective activity about fitting in versus belonging.

Learning Objectives: In this lesson, students will:

- Describe what it means to have the confidence to connect.
- Analyze the importance of listening to your inner voice for guidance in relationships.
- Practice the Breath Brake and repeat the **Power Peace Purpose** mantra.

Time Requirement:

15 minutes



Materials Needed:

ACTIVITY SHEET - 4H:
CONFIDENT CONNECTIONS

Lesson Process:

1 Begin with a Breath Brake:

Begin with the mantra **Power Peace Purpose**. Then, students bow. Lead students through a Breath Brake.

2 Review key concepts:



Yesterday we learned that you can lose yourself when you try too hard to fit in. Finding your inner voice and choosing the things that feel right for you is important. Being true to yourself means that you stand up for what you believe in; You do what you feel is right. It's OK to make different choices than your friends.

3 Personalize key concepts:



Today we'll talk about that inner voice, which will help you connect with others by just being yourself. You can trust your inner voice to remind you of what's right and what doesn't feel right for you. Pay attention and listen to what it's telling you. As a powerful martial artist, you have the confidence to know when you truly belong. You will feel accepted and connected.

Use the following talking points to encourage students to think and then share ideas: When you feel stressed in a relationship, take a Breath Brake, so you can think clearly. Then evaluate the relationship. Ask yourself – do I belong in this relationship, or am I trying too hard to fit in? Listen to your inner voice for guidance. Responses will vary.



- Think about the people you know. Who allows you to be yourself? Who accepts you as you are?
- How can your confidence as a martial artist help you make real connections with others?
- Do you have a relationship where you feel like you can't be yourself? Describe why.
- Do you allow your friends to be true to themselves around you?

4 Apply key concepts:

Distribute the ACTIVITY SHEET 4H: CONFIDENT CONNECTIONS. Ask students to work independently to complete the activity sheet.

5 End with Power Peace Purpose:

Power Peace Purpose. Students bow.

Activity Sheet - 4H: CONFIDENT CONNECTIONS

Name _____ Date _____

**Think about your friends and the people you know. Where do you belong?
Fill in the blanks to finish the sentences about YOUR confident connections
with others.**

My friend, _____, accepts me just the way I am.

I accept my friend, _____, just the way they are.

I could do a better job of accepting my friend, _____.

I can totally be myself around _____.

I should tell my friend I don't like _____.

I don't have to _____ so I fit in.

My friend likes _____ but I don't and that's ok.

My friend likes that I am _____.

My friend accepts me, even when I am _____.

When my friend asks me to _____, I can say 'no'.

It really bugs me when my friend _____.

To find real friends, I should _____.

To fit in with new people, I used to _____.

Now when I meet someone new, I can _____.



Day 5: SHARE



Focus: Self-Awareness

Students will share their learning about fitting in versus belonging.

Learning Objectives: In this lesson, students will:

- Share their learning about feeling accepted by others AND staying true to yourself.
- Explain how they experience belonging and acceptance in their relationships.
- Practice the Breath Brake and repeat the **Power Peace Purpose** mantra.

Time Requirement:

15 minutes



Materials Needed:

ACTIVITY SHEET - 4H:

CONFIDENT CONNECTIONS

Lesson Process:

1 Begin with a Breath Brake:

Begin with the mantra **Power Peace Purpose**.

Then, students bow. Lead students through a Breath Brake.

2 Review key concepts:



This week we learned that wanting to fit in and belong is a social need. Sometimes people try to fit in so much that they lose themselves because they're trying so hard to please others. We talked about the importance of being true to yourself, listening to your inner voice, and finding others who accept you for who you are.

3 Share the learning:



Today we will share our learning about fitting in versus belonging. You will have a chance to share some of the sentences you completed about your relationships.

Ask students to reflect on their activity sheet, ACTIVITY SHEET 4H: CONFIDENT CONNECTIONS.

Ask students to share their responses with the class, in small groups or in student pairs.

Then use the following talking points to facilitate further reflection and sharing:



- What did you realize about yourself and your relationships this week? Responses will vary.
- What is one thing you can do to be more confident in connecting with others? Responses will vary.
- What is one thing you could do to be yourself even more in friendships? Responses will vary.
- When you stay true to yourself in relationships, how does that help others in the world? Responses will vary.

4 Summarize key concepts:



This week we learned that we don't have to turn ourselves into pretzels and give up who we are to try to fit in with others. If you focus on being yourself, staying true to what you believe in, and accepting yourself as you are, other people will accept you as well. As we move forward as powerful martial artists, let's share our unique qualities with others in confident connections.

5 End with Power Peace Purpose:

Power Peace Purpose. Then, students bow.