

NEVER DOUBT what you LOVE

Celebrate What You Love!

Target Audience

Grades K-2

Program Components

The following materials are available at ymiclassroom.com/neverdoubt:

- This teacher's guide page
- Three reproducible activity sheets in English and Spanish
- A family take-home letter
- A coloring page
- A feedback form

What Children Will Learn

- Self-expression
- Self-confidence
- Creative expression
- Problem-solving
- The value of differences
- How to work with others

How to Use the Program

This program can be used by teachers, parents, and caregivers. Make photocopies of the activity sheets to use in class or email them to families to use at home. Do the same with the take-home letter for parents/caregivers to extend the learning. Students will need pencils, crayons, and scissors. In class, help children by reading each activity aloud while pointing to each word.

Activity 1: Spread Confidence

In this activity, students discover the joy and boost in confidence that comes with spreading kindness. Begin the activity by asking students to turn and talk to their neighbor about what makes a good friend or a good teammate. Ask each pair of students to share their ideas. Make a class list of key words students use, such as *fair*, *shares*, *understanding*. Encourage students to use these words to talk about themselves.

Next, distribute the activity sheet and assign new partners. Read the words on the activity sheet aloud and review their meanings. Next, have students use words from the list or from your class list to write a word or sentence on the medal to celebrate their partner. Have students cut out their medals. Students could glue yarn to the medals to wear them. Then, take a picture of the whole class wearing their medals or display the medals in the classroom to celebrate each student's positive traits. Students might even create a medal for themselves to promote self-confidence.

As an extension, students can tally how many times they use the positive words the class brainstormed by putting a star or tally mark on the class list. When a class goal of positive language has been reached, the class can have a special surprise, like extra game time or buddy reading time.

Activity 2: Never Doubt What You Love

This activity helps students identify and explore what they love. Begin by asking students to share things they love to do, people they love, and things they love. Make a three-column chart of their answers. Allow students to write their initials next to their top choice of all the things listed. As an alternative, have the student fill in a sentence on a class chart. Example: _____ loves _____.

Next, have students use the activity sheet to share more things they love. They can color in as many hearts as they like to show what they love, and then add their own cherished item, person, or activity to the last empty heart.

As a math extension, tally the class votes for each image on the sheet. A class bar graph can be made using an extra set of the images. Also, encourage students to ask their families to help them distribute cards or messages to family or friends to further spread their love.

Activity 3: What's Your Favorite?

Explore what makes your class unique with this community-building activity. Begin by talking with students about a time when someone had a different opinion than them or wanted to play a different game. How did they handle it? Discuss how different opinions can help us get new ideas.

Next, have students answer the questions on the activity sheet. Read the questions and answer choices to younger students and have them follow along. When done, compare answers as a class. Talk about how we're all different and why accepting differences is important. After the discussion, ask students to talk to a partner and find something that they do and do not have in common. Explain how our differences can help us try new things, learn, solve problems, and grow.

Resources

California Milk Processor Board — gotmilk.com
YMI program site — ymiclassroom.com/neverdoubt

Dear Educator,

When students know who they are and what they believe, they are less likely to be swayed by false information or others. That's the philosophy behind *Never Doubt What You Love*, a free educational program from got milk? and the curriculum specialists at Young Minds Inspired with easy-to-implement activities designed to strengthen self-esteem and build confidence while supporting core learning skills like problem-solving, self-expression, creative expression, and team building.

We hope that you will enjoy this program and share it with other teachers in your school. Although the materials are protected by copyright, you may make as many copies as needed for educational purposes.

Please let us know your thoughts on this program at ymiclassroom.com/feedback-neverdoubt. We look forward to receiving your comments.

Sincerely,



Dr. Dominic Kinsley
Editor in Chief
Young Minds Inspired



For questions, contact us toll-free at 1-800-859-8005 or by email at feedback@ymiclassroom.com.

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NEVER DOUBT
what you
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Spread Confidence

Confidence helps you believe in yourself and what you love. Read the list of words below. Which words describe you? Which words describe your partner? Make a medal

for your partner to show them how they shine.

Directions

Circle a word from the list below to describe your partner. **word**

Write the word on the medal. 

Color and decorate the medal. 

Cut out the medal and award it to your partner. 

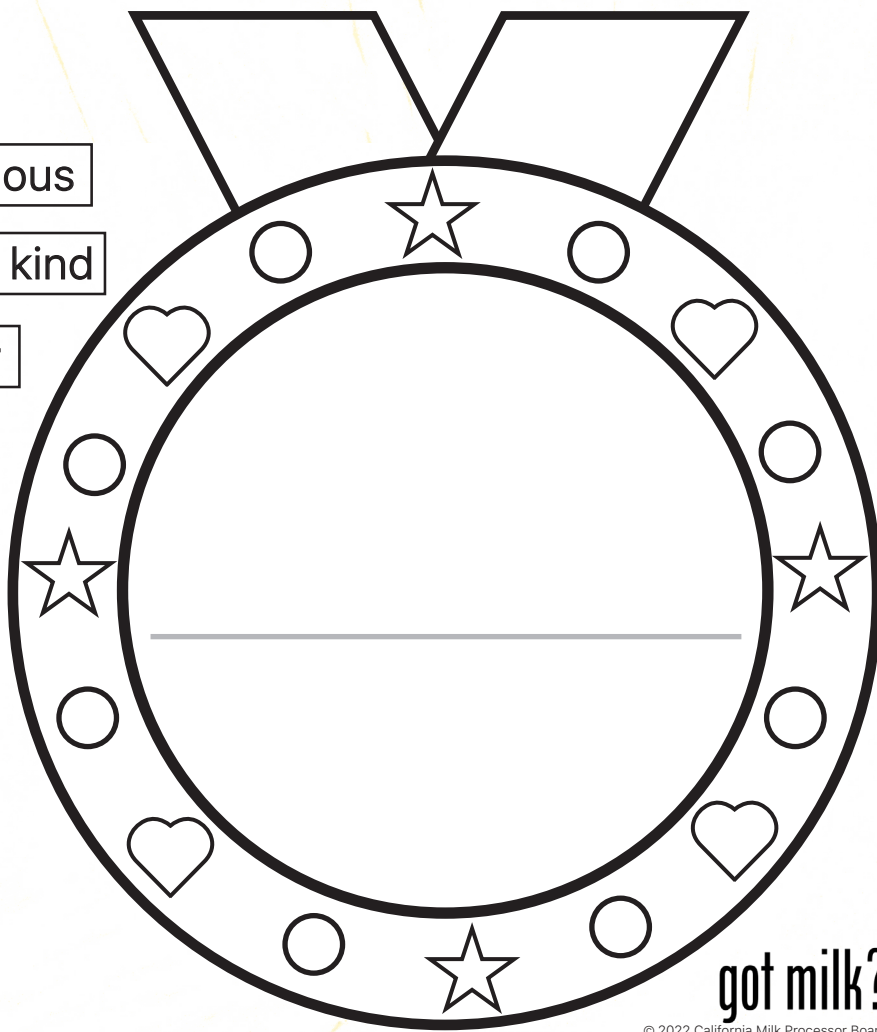
Celebrate each other! 

Word List

friendly fun fair curious

smart creative brave kind

sharing caring leader



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Families: Your child is learning never to doubt what they love. Continue the learning at home with a family discussion about words to describe each other. Encourage everyone in your family to use positive, confidence-boosting language with each other and about themselves.

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Never Doubt What You Love

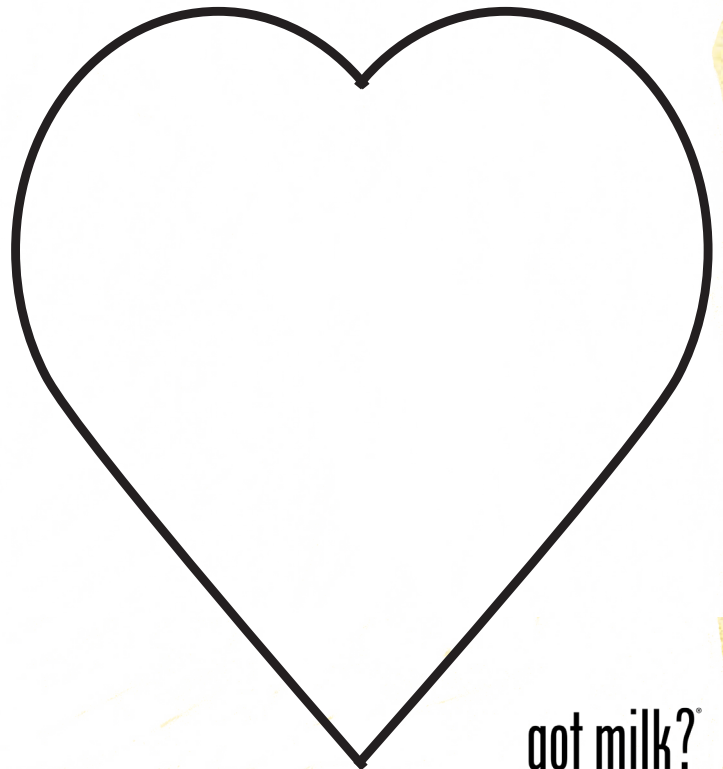
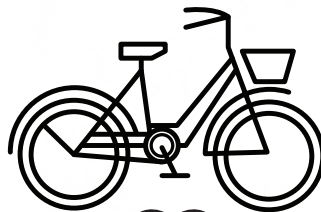
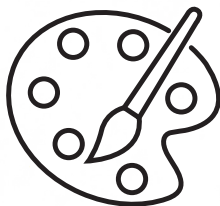
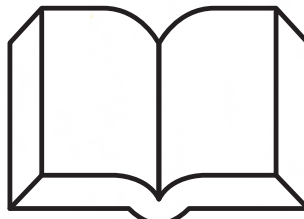
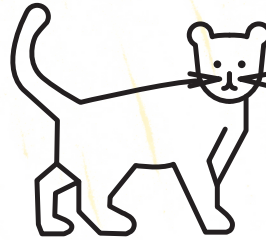
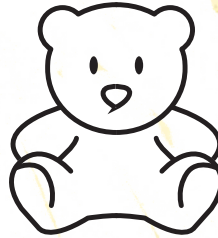
What do you love? Look at the pictures below.

Directions

Color the heart under the picture to vote for things you love. You can color more than one heart!



Draw something else you love in the last heart.



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Families: Your child is learning never to doubt what they love. As a family, make cards or messages for other family members to spread the love. Help your child send these messages to loved ones near and far. When children feel connected to those they love, they are more confident and stronger in their convictions.

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What's Your Favorite?

Is your favorite
not one of the
choices?
Add it in!

We are all different and alike in many ways. Having differences makes the world stronger and more interesting. Share what you like. And remember: Never doubt what you love.

Directions

Read each sentence. 

Circle your favorite in each row. Or write your favorite on the line. 

Find classmates who like what you like. 

Find classmates who like different things!



My favorite color: blue brown black green yellow red _____
Add your own



My favorite real milk flavor: regular chocolate strawberry _____
Add your own



My favorite sport: soccer baseball football basketball _____
Add your own



My favorite activity: paint draw build craft read _____
Add your own



My favorite animal: cheetah elephant penguin shark _____
Add your own



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Families: Your child is learning never to doubt what they love. Use these questions to have a mealtime conversation about similarities and differences in your family. Someone like sweet food? Have them help make a dessert. Someone like salty foods? Have them prepare a snack. The more we know about each other, the more we can celebrate each other and make each other stronger.