

GRADE 1

Each lesson plan is accompanied by popular educational episodes found on:

KidoodleTV™



Social & Emotional Learning

Doggyland “Affirmations Song”

Curriculum Connection:

Social and Emotional Learning:

This lesson focuses on **building self-confidence and promoting positive self-image**.

The "Affirmations" episode from Doggyland introduces students to the concept of positive affirmations and their role in enhancing self-esteem.

Language Arts:

This activity encourages students to compose their own positive affirmations. Students engage in **creative communication, articulating their self-worth and aspirations, reinforcing the relationship** between language and emotions while developing their writing abilities.

Learning Goals:

Social and Emotional Learning:

- Students will understand **the meaning of positive affirmations** and how they can contribute to a positive self-image.
- Students will watch the *Doggyland "Affirmations" episode on Kidoodle.TV*, actively participating by repeating affirmations during the song.
- Students will engage in a **reflective activity** by coloring a picture of themselves in the "mirror" on the "I am Special" handout.
- Students will **demonstrate comprehension** by reading positive affirmations surrounding the mirror on the handout.
- Students will create and share their own positive affirmations, **promoting self-expression and self-awareness**.

Language Arts:

- Students will **develop their comprehension** abilities as they read and understand positive affirmations surrounding the mirror on the "I am Special" handout.
- Students will **exercise their creative writing** skills by crafting their own personalized positive affirmations, promoting self-expression and self-awareness.
- Students will demonstrate effective communication as they share their self-authored affirmations, contributing to a positive and supportive classroom environment.



Materials:

S01 E17

Doggyland Affirmations Full Song

Access this
episode free on:

KidoodleTV™



Play episode 

Lesson Supplies:

- ☒ Doggyland S01 E17:
Affirmation Full Song
- ☐ "I am Special"
handout (provided)
- ☐ Colored pencils
or crayons



Lesson:



Introduction:

Begin the lesson by discussing the importance of feeling good about oneself and having self-confidence. Explain that positive affirmations are special sentences that can help us feel positive and strong. Explain to students that the Doggyland "Affirmations" song will be a part of their morning routine, setting a positive tone for the day ahead.

Viewing the Episode and Discussion:

Introduce the Doggyland "Affirmations" episode to the students. Let them know that they will learn about positive affirmations in this song. During the episode, encourage students to actively participate by repeating the affirmations during the song.

[Play episode](#) 

Discussion:

Set up the plastic bowling. After watching the episode, lead a discussion about what positive affirmations are and how they can make us feel better about ourselves.

Mirror Reflection Activity:

Distribute the "I am Special" handout (provided) to each student. Explain that the mirror on the handout represents how special they are. Instruct students to draw and color a picture of themselves in the mirror using colored pencils or crayons.

Reading Affirmations:

Around the mirror on the handout, there are positive affirmations written. Read these affirmations together as a class.

Creating Personal Affirmations:

Ask students to think of a positive affirmation about themselves. They will write it on the "I am Special" handout.

Sharing Personal Affirmations:

Invite students to share their positive affirmations with the class. This promotes self-expression and positivity within the classroom.

Class Discussion:

Facilitate a class discussion about the positive affirmations students shared. Emphasize the power of positive thinking and self-encouragement.

Scan to watch the episode:



Extension:

To further internalize the concept of positive affirmations, students can engage in a **"Daily Affirmation Journal."**

Each day, they will write down one positive affirmation about them-selves or their abilities. Encourage them to reflect on how the affirmation makes them feel and why it is meaningful to them.

At the end of the week, students can share their favorite affirmations with a partner or the class, pro-moting a positive and supportive atmosphere. This ongoing journaling practice reinforces self-esteem and encourages selfreflection.

Assessment

The assessment for this lesson will involve observing students' active engagement during the Doggyland "Affirmations" episode, noting their participation in repeating affirmations.

Additionally, their comprehension of positive affirmations will be evaluated through their ability to accurately read and interpret the statements surrounding the mirror on the "I am Special" handout. Finally, students' creative writing and communication skills will be assessed as they create and share their own positive affirmations, showcasing their ability to express their thoughts effectively while promoting self-confidence and self-awareness.

**YOU ARE
AMAZING!!**

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the episode:



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