



I Can Do It! (🧠 A Social Health Story)
(1st Grade – 6-7 yrs.)
Demonstration: Accomplishment Jar



STORY CONNECTION: SLIDE 21 (Initial Approx Time: 10-15 mins with follow-ups)

Now you can walk, talk, and eat by yourself. Pretty soon you will be able to do LOTS more things!!! You just must wait until your body and your brains grow up AND remember, we are all different in how and when we grow up – just like we have different colors of hair. If you cannot do something yet – just be patient. If your friend can do it – then ask them for help. If someone asks you to help them – then do it. I know YOU CAN DO IT!!!

Materials needed:

- Jar, box, or any container to be your Accomplishment Jar
- Strips of paper
- Pens, pencils, markers

Preparation needed:

- Create an Accomplishment Jar (*OPTIONAL*: decorations)
- Determine location for Accomplishment Jar
- Determine if you will provide blank strips of paper or fill in the blank. Do what is best for your student(s).
 - Suggested Template:
 - “Today I accomplished _____. This makes me feel _____ because _____.”
- Prepare a stack of Accomplishment Slips based on your decision.
- Determine how often student(s) will complete an Accomplishment Slip.
 - one slip each day
 - every couple of days
 - once a week
 - whenever they accomplish something they are proud of.
- Determine how often you will read/share/or return Accomplishment Slips.

Instructions:

1. This activity focuses on your student(s) accomplishments-big and small-and celebrating them. This is something that you will want to keep in your classroom or with your group indefinitely.
2. We learn in the story that we can all now do things that we once could not do (walk, talk, and eat by ourselves). This is just the beginning! This jar is a way to celebrate the accomplishments of your student(s).
3. Show your student(s) the Accomplishment Jar and where it is located in the room.

4. Next to the Accomplishment Jar, place the strips of paper (Accomplishment Slips) and pens, pencils, markers, etc.
5. Explain to student(s) how often and appropriate times to write on the accomplishment slip and place it in the jar. (Be specific with your student(s). You don't want this to be a distraction from normal routines.)
Some examples:
 - "I am so excited to read and hear about you accomplishing hard things! Every Thursday after lunch, everyone will have five minutes to write on an accomplishment slip. Remember, you can share BIG news like making a 98 on a test or even small things like trying broccoli for lunch. We will share them with each other and then place them in the jar to remind ourselves that we can do hard things. We are always learning and growing!"
 - "I am excited to celebrate accomplishments you have! You will be able to share with me by writing on the Accomplishment slips, here by the jar. You may write on the slip during the morning time when you first come in the room or in the afternoon before we leave. During Math or Science or Reading time, those are not appropriate times to fill out an accomplishment slip. Every Friday, I will read accomplishments in the jar to our class. Remember, you can share BIG news like making a 98 on a test or even small things like trying broccoli for lunch."
6. Give each student an Accomplishment Slip. Allow student(s) time to write their first slip.
7. Ask if any student(s) would like to share their accomplishment out loud.
8. Once student(s) have shared, collect all accomplishment Slips and place in the jar in the designated area of the room.
9. Let student(s) know that periodically they will receive their accomplishment slips back so they can reflect on what they can do!
10. In closing, remind student(s) that we have all made different accomplishments in our lives. It is okay if our accomplishments are different from our friends and vice versa. We need to make sure we are patient, ask for help when we need it, and help others if they need it. Doing all these things will lead to being able to do more and more things, which makes us more independent, and it makes our body and brain happy.

***NOTE: At the end of a specific time period such as once a month or once every two weeks (decided based on how often student(s) turn them in), pass the strips of paper back to the student(s) to review and reflect on. This will allow them to see how far they have come in a short period of time. ***

Accomplishment Jar Idea Credit: <https://blog.futurefocusedlearning.net/growth-mindset-activities-kids>