



Self Love Lesson Plan

Need for activity:

Paper, pencils, or pen

Introduction:

Introduce the lesson. This lesson can be done alone or an adult overseeing the lesson. The point of the lesson is to create a poem with the topic being self love. If the teen doesn't know the meaning it is important they know the meaning of self love to be able to do this lesson. The teen is to create a short or long poem depending on their preference. The poem can rhyme, be used with instruments, used into lyrics for a song. The creativity can be endless and is encouraged to be as creative as possible.

Activity:

Now it's time to start activity! The teen should work individually. Create a space that is comfortable. Use your paper and writing utensils to create your self love poem. Use as much time as needed to finish. For inspiration google self love, listen to self empowering music, come up with a list of words that you love about yourself to incorporate into your self love poem.

Conclusion:

Once the teen is done with the self love poem. Share it with an adult, your friends, post it on social media. Not only is this great for the teen to express themselves and use creativity, but great to share with others in hopes to encourage them to make their own self love poem.

Overview and Purpose:

The teen will learn how to create a poem from their own creativity. The activity teaches the teen literacy, phonics, writing, and self love.

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