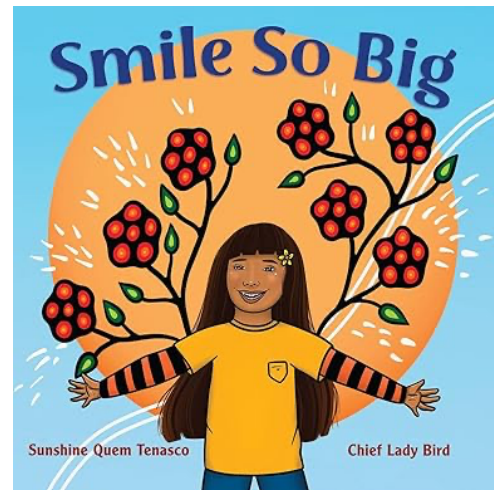


WITS

Lesson Plan

Author: Catherine Rayner

Illustrator: Catherine Rayner



WITS Connection: Walk Away X Ignore X Talk it out X Seek Help

Story Summary:

One Day Challa comes home upset after being teased for her big smile. Her mom responds by gifting her a big, beautiful, beaded mirror that has been passed down in her family for generations. Challa's mother says that the mirror reveals one's true self, but the person looking into the mirror first has to share aloud what they see in their reflection. Challa discovers the magic of the mirror and can't wait to share it with her friends with their own insecurities. She soon learns that the full magic of the mirror's response can only be unlocked by real declarations of self-love and acceptance.

Teacher's Notes:

Resources:



Pre-Reading

Questions:

1. Looking at the cover of the book, what do you think it will be about?
2. What does self-acceptance mean to you?
3. How do you show yourself self-acceptance?
4. How do you think teasing makes others feel?

While Reading

Questions:

1. What is special about Challa's smile?
2. How does Challa's mom help her to feel better after she is teased at school?
3. What does Challa see when she first looks in the mirror?
4. What does Challa do to eventually unlock the full power of the mirror? What is the feeling that helps her do that?

Activity:

1. Part 1: Once the mirror is introduced, pause reading to allow students to draw a self-portrait about what they see when they look in Challa's mirror.
2. Part 2: Pause reading once the magic of the mirror is discovered. Guide students to look back at their self-portraits to add elements to it that will help them unlock the full power of the mirror.



3. Part 3: Lead a discussion with the class about the elements they added to their portraits to unlock the mirror's power.

Post-Reading

Questions:

1. What lesson is this story trying to teach us?
2. Discuss with a partner and share back with the class: What does “unique beauty come from within” mean to you?
3. What are some things we can do to practice more self-love?
4. Discuss with a partner and share back with the class: What WITS strategies can you use if you are teased, or see teasing taking place? What words can you use/actions can you take for each of these strategies?

Post-Reading Activity:

1. In a sharing circle, offer students the visual of a self-esteem bucket that you will work together to try to fill up to the brim with good feelings, love and appreciation.
2. Go around the circle and have students share things they love about themselves, or others in the class or their life.