

My Name Word Puzzle

In this lesson, students will identify a variety of personal qualities that they like about themselves. They will organize their ideas in the form of a name acrostic or word puzzle which they will create themselves. The lesson incorporates a small element of class presentation, which will also give students an opportunity to practice whole-body listening.

Caring Sub-Concept(s)

Compassion, Kindness

Lesson Timeframe

35-40 minutes

Required Materials

- ☐ Pieces of tagboard or construction paper, one per student.
- ☐ Color pencils/markers

Be prepared to share the history or meaning of your name or of a family member's name to get students thinking.

Standards Map

This lesson aligns with CASEL Competencies, National Health Education Standards, and Common Core State Standards. Please refer to the [Standards Map](#) for more information.



DESIGNATED BY CASEL
AS A RECOMMENDED PROGRAM
FOR SOCIAL AND EMOTIONAL LEARNING.

See last page for details.

Lesson Objective

Students will:

- Identify things about themselves that they appreciate.
- Apply self-care thinking to their lives.
- Present their acrostic to the class and practice short presentation skills.

Teacher Connection/Self-Care

What do you do for YOU each day? Choose something just for you today. Take a hot shower. Turn on your favorite song on the drive home. You matter.

Tips for Diverse Learners

- Having a visual example of the word puzzle will probably be useful for all learners
- Can use the formal term “acrostic” for the word puzzle for interested students
- Advanced students may want to do a more challenging acrostic by putting their name in the center and using the middle letters of their name instead of the first letters, like this:

<https://www.pinterest.com/pin/470626229786264958/>



Share

5-7 minutes

Today we are focusing on the concept of Caring! We will be talking about caring for others and what it means to care for not only others, but also ourselves and our space.

What does caring for others look like to you?

Invite student responses.

Part of offering care to others, though, is the ability to offer care to ourselves. We call this self-care. Think about it. If you do not take care of yourself, how will you have the energy to take care of someone else? You won't!

Let's start with how we take care of ourselves. This includes our mind and our body.

- *How do you care for your mind? (sleep, kindness, read, take deep breaths, etc.)*
- *How do you care for your body? (eat healthy, exercise, etc.)*



Inspire

5-7 minutes

Now let's talk about things that make us special and unique. There is only one you in this whole world! Even if you have a twin, you are still unique and different in special ways.

One way that many of us are unique is in our names. Even if we share the same or similar first names with someone, we still have unique middle and last names that make us different.

Discuss the history behind the names of some of your students.

- Does anyone's name have a special story or meaning?
- Were you named after someone specific?

Invite students to respond. Lead with the meaning or significance of your name as an example.

What are some other things that make us special and unique?

Invite student response; encourage responses about personality, interests, talents, hobbies, etc.



Empower

10-15 minutes

Making an Acrostic

Now explain to students that they will put all of their ideas about what makes them unique into a fun word puzzle using their name. You can have students

do this in a couple of ways. They can either write their name down the side of their paper vertically or they can use bubble letters and spell out their name across the page.

Example:

L
I
S
A

Or

L I S A

For each letter, students need to write down a word or phrase that describes something special about them and that starts with the same letter. Some letters are hard, so invite students to think about things they enjoy doing, eating, going to if, etc., if they get stuck.

Create an Example (or use this one):

Loves to read
Ice cream is my favorite
Silly Games
Art is fun

Project your example on the smartboard or write an example on the whiteboard. The example can be any name, but might be more meaningful if it is the teacher's name.

After the acrostic is done, students should decorate their poster in a way that represents them and the words they picked to describe themselves.



Reflect

5-7 minutes

Invite students to share their acrostic word puzzle. Gather students at their morning meeting space or somewhere as a group (instead of desks) and set up a special chair where people presenting their puzzles can sit while the rest of the class sits on the carpet/floor in front of them. This helps emphasize the idea that the person presenting is special and important. Remind students to use whole body listening.

Remember that everyone in our class is special and has important things to add to our class. Remember to care for your mind, care for your body, and believe how much you matter to me and to everyone in our class! If we don't take care of ourselves, we can't take care of each other, so take some time every day to do something healthy and special for yourself. Remember, too, that showing gratitude, helping others, and being kind make our brains and our bodies feel good. We are happier when we are thankful. Work hard at being thankful, helping, and being kind to those around you!



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The Collaborative for Academic, Social, and Emotional Learning (CASEL) has been reviewing evidence-based SEL programs since 2003. Kindness in the Classroom® meets CASEL's SElect Program and is included in the CASEL Guide to Effective Social and Emotional Learning Programs.

Kindness in the Classroom® met or exceeded all of CASEL's criteria for high-quality SEL programming. Kindness in the Classroom® received CASEL's highest designation for high-quality SEL programming.

<https://casel.org/guide/kindness-in-the-classroom/>