

Overview & Purpose

Students will understand that they don't have to live up to the labels society places on them.

	Teacher Guide	
Objectives	Students will identify positive characteristics about themselves. Students will create a label for their can	Materials Needed <ul style="list-style-type: none"> • Paper • Pencil • Crayons, markers, colored pencils • *vegetable can filled with Starburst or other wrapped candy
Information	Show the students the vegetable can. Ask them what they think is in the can? How did they know? Explain that just as cans are labeled to tell what is inside of them, people are often labeled. Have a student open the top of the can. Have them show what is inside. Discuss that sometimes labels are wrong and you never know what is really on the inside until you open it.	
Verification	Ask students to list 1) something they like about themselves, 2) something others like about them, 3) an accomplishment, 4) their strengths, goals and dreams.	Other Resources http://www.youtube.com/watch?v=mpKte_9-sPI This is the tearing off labels music video made by the "why try" program.
Activity	Ask students to use the information to create a label that represents the real them. Students share their labels with their group or the whole class.	
Summary	Explain that if society gives you a label that you don't like, you can tear it off and put your own label on. You do this by putting energy into your strengths and goals. As you do this, you prove that your new label is true. You can live up to your new label.	Additional Notes *To prepare can, open the bottom with a safety can opener, fill with candy, and then super glue the bottom.

This lesson was adapted from the "Why Try" Program's tearing off labels lesson.