

LESSON 5: *I BELIEVE I CAN*

THEME: Believing in Yourself

BOOK: *I Believe I Can* written by Grace Byers and illustrated by Keturah A. Bobo

MATERIALS:

- **Song:** “Believe in Yourself” 1st, 2nd, & 3rd Grade
<https://youtu.be/FEY8H1Km1x8>
- ***Laminated Poster 1:** Include title, author, & illustrator of books
Include this quote from book and Underlined Vocabulary words.
Vocabulary words: worthy - good and deserving respect, praise or attention
peak - pointed top of a mountain
boundless - without any stopping point or end
within - in, inside, in the mind, heart, or soul
presence - being in a place, or being present, in attendance
defeat - loss, failure
- ***Laminated Poster 2:** Lyrics song - “Believe in Yourself” or partial lyrics up to indicated line
- **Pointer**
- **Highlighter Tape** (Optional)

Possible Literacy Focus

Song: Sight words - “come”, “and,” “can,” “cannot”

MATERIALS FOR ART ACTIVITY/AFFIRMATION SHEET:

- One Art Activity sheet (card stock or copy paper) for each student
Copy of art activity/affirmations sheets included on last pages
- Crayons or markers

BEFORE READING OF STORY/DISCUSSION:

SHOW BOOK COVER: and read title.

ASK: *Do you recognize the illustrator of this book? Do you remember the last book we read? It was titled, I Am Enough. The author of “I Am Enough” is the same one who wrote this book—Grace Byers, and the illustrator of that book is the same person who illustrated this book—Keturah A. Bobo. As I am reading the story, I would like you to notice if there is a difference in the illustrations in this book compared to the one, we just read by the same author. I would like you to think about why the author might have written this book. Do you think she has a message for us in this book, also? Think about this as I read the story. Ask students to listen for rhyming words.*

READ STORY:

Questions you might ask/discuss:

As you are reading the story, stop to see if students can tell you what the rhyming words are. Stop at the vocabulary words listed on poster 1 and at any other words that you think they may not understand. *Is it okay to make mistakes? Yes, of course! Many times, we learn a lot from the mistakes we make. They can make us stronger. Defeat here means that the boy tried making a cake, but he did not succeed or win in making it just right. It turned out funny looking. Is it okay to try something and not succeed or win? Do we have to win all the time? Can we learn from not winning, as we can learn from making mistakes? (Yes, you can always try again.) What will happen if you try, and try again? Where do we get the power to keep trying? (From within yourself, from inside. What is the author trying to tell us? (Hint- title of book and last two pages. You can do anything, if only you believe you can!))*

SONG/DISCUSSION:

Song: After going through literacy activity with lyrics, students can sing with the lyrics and song on You Tube.

ART/AFFIRMATION ACTIVITY SHEET

Choice of two Activity Sheets/Affirmation Sheets

Activity#1 –Show sheet and read words to students. Students write their name on top line. Students can draw themselves, family or some of the things they love or love to do below words.

Activity#2 - Show sheet and read words to students. Students write their name on top line. Students can draw their faces into superhero form and color in costume. Remind them of different features on the face and different ways they may represent them. They can decorate the sheet the way they would like with lines, shapes or some of their favorite things.

Believe in Yourself

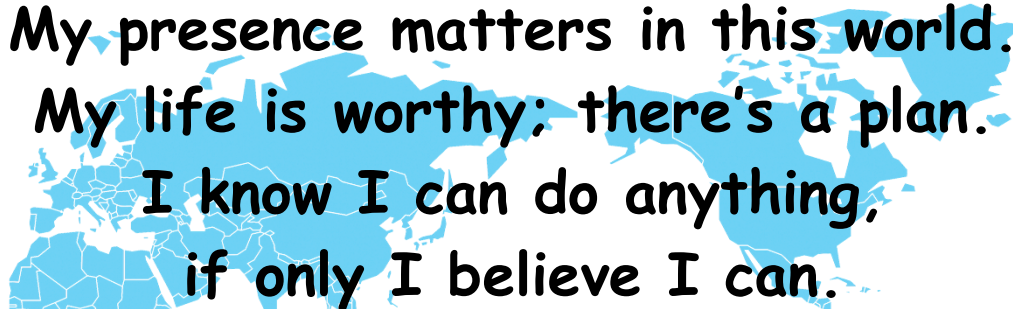
<https://youtu.be/FEY8H1Km1x8>

Believe in yourself. There's power in you.
Have faith in your dreams, and they will come true.
There's much you can give, if you do your part.
The choices you make should come from your heart.
So believe in yourself, 'cause there's nothing you cannot do,
If you believe in yourself, dreams can come true.
The future depends on what you will do.
So set you goals high, and then follow through.
Believe in your dreams, and soon you will see
You will become what you want to be.
So believe in yourself 'cause there's nothing you cannot do.
If you believe in yourself, dreams can come true.
Dreams can come true.

So look inside yourself when things get tough.
Feel the strength and don't give up,
You can make it through
There is power in believing, your dreams are there for you
Work hard, and make them all come true.
Believe in yourself. There's power in you.
Have faith in your dreams, and they will come true.
There's much you can give, if you do your part.
The choices you make should come from your heart.
So believe in yourself, 'cause there's nothing you cannot do.
If you believe in yourself, dreams can come true.
Believe in yourself
And others will too,
So believe in yourself
And your dreams can come true.

**I am worthy because I'm me,
And there is value to my name.**

**My presence matters in this world.
My life is worthy; there's a plan.
I know I can do anything,
if only I believe I can.**





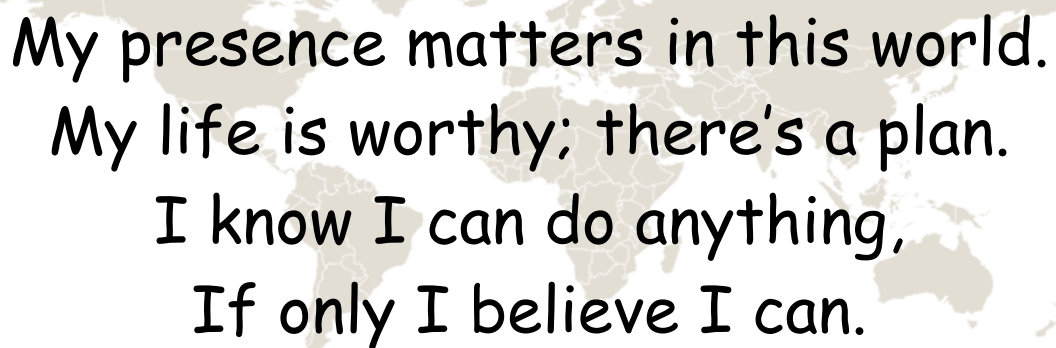
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and there is value to my name.



I know I can do anything,
if I only believe I can!



I am worthy because I'm me,
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My presence matters in this world.
My life is worthy; there's a plan.
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