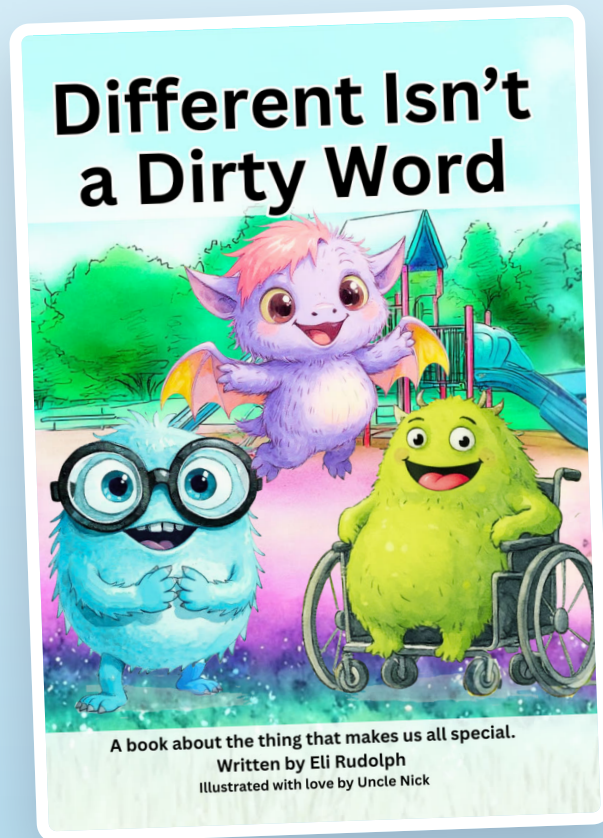


SEL Lesson Plan Pack

4 ready-to-teach lessons + 4 printable worksheets • Grades K–2



Based on *Different Isn't a Dirty Word* by Eli, age 7

How to Use This Pack

Each lesson is self-contained: objective, timing, materials, CASEL alignment, numbered steps, a differentiation note, and its printable worksheet (included at the back of this pack). Teach all four as a unit across a week or two, or use any lesson on its own. Every lesson assumes you've read the book aloud at least once (see the free Teacher Read-Aloud Guide).

The four lessons

1. **Celebrate What Makes You YOU!** — *Self-Awareness*
2. **Kindness on the Playground** — *Social Awareness & Empathy*
3. **Asking Questions the Kind Way** — *Responsible Decision-Making*
4. **Everyone Belongs: Our Classroom Promise** — *Relationship Skills*

A note on the classroom you're teaching in. Some of your students may share differences with Neeko, Zara, Max — or Eli. That's a strength, never a spotlight to force. Each lesson includes a differentiation note; the universal rule is: let students self-identify if and when they want to, and never use a specific child as the example.

Celebrate What Makes You YOU!



Objective: Students identify their own strengths and differences and express pride in them.

Time: 35 min · **CASEL:** Self-Awareness

Materials: The book · My Superpower Sheet (1 per student) · crayons/pencils

Steps

1. **Opening discussion (5 min).** Ask: “What does *unique* mean?” (One of a kind.) “Why is it GOOD that we’re all different?” Collect a few answers.
2. **Story connection (5 min).** Revisit pages 6–8. Ask: “What is Zara proud of? Max? Neeko?” Point out that each friend’s difference and each friend’s superpower are connected — Zara invents *because* her wings don’t work.
3. **Activity: My Superpower Sheet (15 min).** Students draw themselves as a monster friend and complete: My name is... / Something special about me is... / A challenge I have is... / My superpower is... (Kindergarten: drawing + dictation is plenty.)
4. **Sharing circle (7 min).** Volunteers share one line from their sheet. After each share, the class responds together: “That makes you, YOU!” (Max’s line — they’ll love it.)
5. **Reflection (3 min).** Sentence starter: “One new thing I learned about myself is...”

Differentiation: For students who can’t yet write, accept drawings and scribe their words. For a student reluctant to name a challenge, “something that’s tricky for me” is enough — or skip that line entirely; pride is the objective, not disclosure.

Kindness on the Playground



Objective: Students practice noticing exclusion and choosing inclusive responses.

Time: 40 min · **CASEL:** Social Awareness, Relationship Skills

Materials: The book · Role-Play Scenario Cards (included) · chart paper · Recess Kindness Plan sheet (1 per student or per class)

Steps

1. **Warm-up (5 min).** Ask: “When might a kid feel left out at school?” List answers on chart paper (recess, lunch, partner-picking...).
2. **Story connection (5 min).** Show page 9 — the staring scene. Ask: “How do you think it feels to be stared at? What could the other monsters have done instead?”
3. **Role-play (20 min).** In small groups, act out the scenario cards. Each group shows the *unkind* version fast, then the *kind* version slow. Scenarios:
 - **A.** A new student is standing alone at recess.
 - **B.** Someone is being teased about how they look.
 - **C.** A classmate communicates differently (uses few words, or a device, or gestures).
 - **D.** A game is happening that not everyone’s body can play the same way.

After each: “How did the left-out kid feel in version 1? In version 2? What changed?”

4. **Group reflection (5 min).** “Which kind choice felt best to make? Which was hardest?”
5. **Follow-up (5 min).** Start the Recess Kindness Plan: each student (or the class together) writes/draws one promise for kinder recess (“I will ask someone alone to play”).

Differentiation: Assign roles by comfort — narrators and directors count as participation. For scenario D, invite the class to *redesign the game* so everyone can play (this is the Max move: change the game, not the kid).

Asking Questions the Kind Way



Objective: Students learn the difference between staring/whispering and kind, curious questions — and practice asking them.

Time: 30 min · **CASEL:** Responsible Decision-Making, Social Awareness

Materials: The book · chart paper · Kind Questions cut-outs from the worksheet pages (optional)

Why this lesson: The book's central scene is other monsters staring and asking "Why do you look different?" Kids ARE curious — the goal isn't to stop questions, it's to teach kind ones. This is the lesson most SEL packs skip.

Steps

1. **Story connection (5 min).** Reread page 9. Ask: "The monsters stared and asked 'Why do you look different?' Was that a kind question or an ouch question? What makes the difference?"
2. **Build the rule together (10 min).** Anchor chart with two columns:
 - **Kind & Curious:** said TO the person · with a smile · about them as a person ("What's your name?" "Want to play?" "How does your chair work?" — if they want to answer!)
 - **Ouch:** whispering ABOUT someone · pointing · staring · "What's wrong with...?"

Add: "And if someone doesn't want to answer — that's OK too. 'OK! Want to play?' works every time."
3. **Practice (10 min).** Teacher plays a new monster at school. Students practice greeting and asking kind questions. Flip it: a student wears a silly prop; the class practices NOT staring and instead saying hi.
4. **Reflection (5 min).** "What will you do next time you're curious about someone?"

Differentiation: If a student in your class fields real questions about their own difference, this lesson quietly hands them the script too — Lesson 1's "That makes me, ME!" is a complete answer they can keep. Never role-play a real student's actual difference.

Everyone Belongs — Our Classroom Promise



Objective: Students synthesize the unit into a shared commitment and public artifact.

Time: 35 min • **CASEL:** Relationship Skills, Self-Management

Materials: The book • Our Classroom Promise poster (included) • markers • students' completed Superpower Sheets

Steps

1. **Revisit the ending (5 min).** Reread pages 13–15. “The friends know that being different makes the world FUN. What do WE know now that we didn’t before this book?”
2. **Draft the promise (10 min).** As a class, write 3–5 lines, kid-worded. Seed lines if needed: “We say hi, not stare.” / “We change the game so everyone can play.” / “Different isn’t a dirty word in Room ____!”
3. **Sign it (10 min).** Every student signs the poster — name, handprint, or a small monster self-portrait around the border.
4. **Celebrate (10 min).** Gallery walk of everyone’s Superpower Sheets. Optional: each student says their superpower aloud; class responds “That makes you, YOU!”

Differentiation: Signing can be a name, a mark, a sticker, or a stamp — every student gets on the poster. Post it where visitors can see it.

My Superpower Sheet



Lesson 1 · Celebrate What Makes You YOU!

Draw yourself as a monster friend!

My name is...

Something special about me is...

A challenge I have is...

My superpower is...

Role-Play Scenario Cards



Lesson 2 · Kindness on the Playground

Cut along the dashed lines. Give one card to each small group.

Scenario A

A new student is standing alone at recess.

Show it unkind → Show it kind. How did the left-out kid feel in version 1? In version 2? What changed?

Scenario B

Someone is being teased about how they look.

Show it unkind → Show it kind. How did the left-out kid feel in version 1? In version 2? What changed?

Scenario C

A classmate communicates differently (uses few words, or a device, or gestures).

Show it unkind → Show it kind. How did the left-out kid feel in version 1? In version 2? What changed?

Scenario D

A game is happening that not everyone's body can play the same way.

Show it unkind → Show it kind. How did the left-out kid feel in version 1? In version 2? What changed?

Recess Kindness Plan



Lesson 2 · Kindness on the Playground

My kind promise is...



Draw yourself keeping your promise

Signed...



Our Classroom Promise



Lesson 4 · Everyone Belongs

Different Isn't a Dirty Word in Our Classroom!

We all signed it!

Print at letter size, or blow it up to poster size.

THANK YOU

About the Author



Eli is a 7-year-old author with a big imagination and an even bigger heart. He loves writing stories, making art, dancing, and inventing new things. Even though Eli faces challenges with his mobility and other things that “make me, me,” he never lets them stop him from sharing his creativity and love with the world. This book supports Eli’s dream of attending college.

More free resources at elijahsbookclub.com

Teacher Read-Aloud Guide · Parent Resource Kit · coloring sheets · classroom sets · book club discussion guides.



Elijah’s Book Club

elijahsbookclub.com