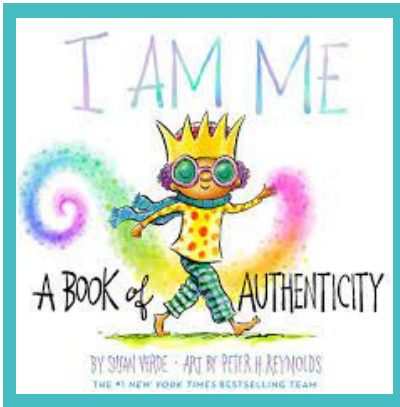


# I AM series



The incredibly talented Susan Verde and Peter H. Reynolds have created a highly relevant mindfulness series. Titles include *I am One*, *I Am Peace*, *I Am Human*, *I Am Love*, *I am Courage* and *I am Me*.

**Curriculum Links:** HASS, Visual Arts, English, PD/H/PE  
**Age Range:** K - 6

## ACTIVITY: SHARED QUALITIES

**How can we create a shared agreement for our class based on qualities which are important to us?**

This activity supports the co-creation of a shared class agreement grounded in qualities / values important to learning and connecting with each other.



**Read**

Read any or all of the books in the *I am* series. Optional: complete the *Civics in Series* activity for students to gain a greater understanding of qualities and those important to them.



**Brainstorm**

Support students to **create a list** of qualities or values which are important to them. Use the star cloud below (page 5) as a starting point. In small groups invite students to identify their top three qualities and share their reasoning with the larger group.



**Co-construct**

Through a whole class discussion **identify the top three shared qualities**. Create a class agreement based on these.

*This activity may be worth re-visiting at the beginning of each term. It could also be a progression as students grow more familiar with qualities / values and displaying / articulating them.*

# What qualities would you add to the word star?

