



ECONOMIC POWER

# USING IMPACTFUL WORDS



# INTRODUCTION

Today, we will:

- \* Trace the origins of Adriana Carrig's company, Little Words Project
- \* Explore the positive messages appearing on Little Words Project bracelets
- \* Identify a personal mantra with impactful words that can be used daily



# SEL CONNECTION



Today, we will practice **self-awareness** and **social awareness** by the studying creation of powerful words and positivity.





# ICEBREAKER

# ADMIRABLE ATTRIBUTES



# ADMIRABLE ATTRIBUTES

## SELF-REFLECTION

- 1) Think about positive qualities you have that you hope others notice.
- 2) Write down at least three of these qualities.
- 3) Stand up, find a partner, and share what you wrote.



# ADMIRABLE ATTRIBUTES

## ADMIRATION

- 1) Think of someone you admire or look up to.
- 2) In 45 seconds, write as many positive qualities about this person as you can.
- 3) Find a new partner and share what you wrote.

**\* Take your list home and, if possible, share it with that person. \***



### ADMIRABLE ATTRIBUTES

#### REFLECTION

How did it feel to recognize your own strengths and celebrate someone else?





# LESSON PART ONE

# IMPACTFUL WORDS





# LESSON: PART ONE



## IMPACTFUL WORDS

The video, “Who We Are – Little Words Project,” describes the words that we carry with us and share with others. It tells viewers about how words can be used for good and to inspire. The narration also reveals that words matter.





### IMPACTFUL WORDS

- What are some of the ways that you carry words with you?
- What words do you carry with you?
- How do you inspire yourself and others with your words?
- What can you do in your classroom and school community to demonstrate that words matter?





# LESSON PART TWO

# KIND WORDS



# LESSON: PART ONE



## KIND WORDS

Watch “Little Words Project spreads kindness one word at a time at KOP Mall.”





### KIND WORDS

Adriana Carrig started her company because she realized that she needed to be surrounded by kind words. Her business relies on the concept of inspiring messages on friendship bracelets.

Some of the popular messages appearing on Little Word Project bracelets include:

- Be Kind
- Don't Give Up
- Make A Change
- Stay Positive





### KIND WORDS

In small groups, respond to the following prompts:

- If you were to create a Little Words Project bracelet, t-shirt or hat which words would you use?
- How do these words apply to your personality and reflect your identity?
- Why is it important to be surrounded by kind words?





# LESSON PART THREE

# MANTRA



# LESSON: PART THREE



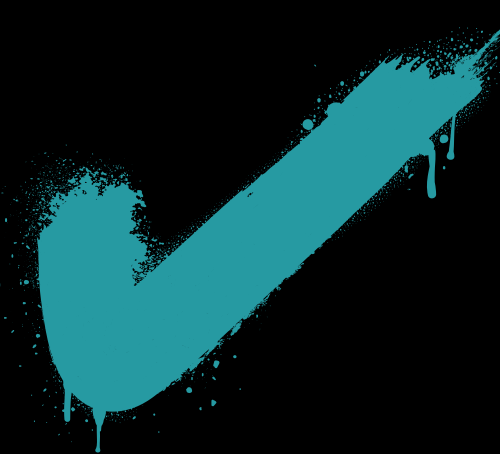
TALK ABOUT IT

## MANTRA

Adriana Carrig emphasizes the power of positive words. In this part of the lesson, you will create a mantra that you can use daily to remind yourself of the positivity that exists within you.

### KNOWLEDGE CHECK

- Are you familiar with mantras?
- What do you think mantra means?





# LESSON: PART THREE



DEFINITION

**MANTRA**

**MANTRA**

A phrase that can be repeated to achieve calming, healing, and peace.



# LESSON: PART THREE



## MANTRA

Using the graphic organizer, Construct a mantra use the following phrases:

- I am \_\_\_\_\_ and \_\_\_\_\_ .
- I feel calm when I \_\_\_\_\_ .
- I feel at peace when I \_\_\_\_\_ .
- I feel powerful when I \_\_\_\_\_ .





# DEBRIEF / EXTENSION



### USING IMPACTFUL WORDS

- 1) Place your mantra on an index or digital flashcard so they are easy to access when needed.
- 2) Create an image of a Little Words bracelet, t-shirt or hat using the graphic organizer.

