

Lesson 6



Area: Be Inclusive

Title: **The Car Wash**

Objective: Students will show/express positive feelings for others.

Materials: Journal
Writing utensil
Board or overhead

- Activity:**
1. Form two lines of students, placing them parallel to each other.
 2. Send one student at a time through the “car wash”.
 3. As each student walks between lines, everyone else should say words of praise, affection, and encouragement to the student to “wash” the student with good feelings.
 4. Have the students sit back down.
 5. Write the following questions on the board or overhead:
 - List words or phrases that were said to you during the “car wash”
 - How did you feel going through the “car wash”?
 - If you saw yourself coming through the “car wash,” what nice things would you say about yourself?
 6. Each student reflects on the questions and writes down thoughts.

- Closure:**
1. Discuss how praise and encouragement can produce a sparkling, happy, shiny new “car” at the end of the wash.
 2. Share feelings about how it felt to be given positive praise and how it can make you feel the rest of the day.

3. End with the idea of trying to say one nice thing to every person you talk to that day.