Promoting SEL through Music: Lesson Plan # 7 ♫

No Mirrors in my Nana’s House

Purpose of Lesson:
• Students will learn about the importance of looking inwards and reflecting on their own strengths and positive qualities about themselves and others instead of focusing on external qualities.
• Students will learn it is important to focus on other people’s strengths and inner qualities instead of judging them from the way they look.

Social Responsibility Performance Standards:
• Valuing diversity and defending human rights
• Contributing to the classroom and school community

Cross-curricular Prescribed Learning Outcomes:
English Language Arts:
• Oral Language
  o Use speaking to explore, express and present ideas, information and feelings
• Thinking (Reading and Viewing)
  o Respond to selections they read or view by expressing an opinion with a reason and making connections
• Features (Writing and Representing)
  o Use some features and conventions of language to express meaning in their writing and representing

CASEL Competencies:
• Self Awareness: Assessing your own strengths and what you have to offer yourself and others
• Social Awareness: Assessing community resources and becoming aware of where the gaps are that we can fill
• Responsible Decision-Making: Using your own judgment to decide what is best for yourself and others

Materials and Preparation:
Mirror
Dry erase marker
Song lyrics for “No Mirrors in my Nana’s House” (See handout attached below)
Book “No Mirrors in my Nana’s House” by Ysaye Barnwell
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No Mirrors in my Nana’s House

<table>
<thead>
<tr>
<th>Time</th>
<th>Lesson Procedure</th>
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<tbody>
<tr>
<td></td>
<td><strong>Introduction:</strong> Hold up a mirror to the students.</td>
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<td>5</td>
<td>Discussion: What Do You See?</td>
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<td>Ask students:</td>
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<td></td>
<td>➢ Who has a mirror in their home?</td>
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<td>➢ Who looks in the mirror everyday?</td>
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<td>➢ What does a mirror show us?</td>
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<td>➢ Does a mirror show us the qualities we have inside us like kindness, funny, smart, etc.? What does it show then? (physical appearance)</td>
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<td>45</td>
<td><strong>Development:</strong></td>
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<td>Explain that you are going to share a story with the students about a home where there are no mirrors at all. Read the students the story “No Mirrors in my Nana’s House” by Ysaye Barnwell.</td>
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<td>Ask students:</td>
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<td>• Why are there no mirrors in Nana’s house?</td>
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<td>• What do you notice about the people in the pictures? (they don’t have any eyes). Why is this?</td>
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<td>• What was beautiful to the little girl?</td>
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<td>• What if you didn’t have any mirrors in your house, how would life be different?</td>
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<td>As a class, brainstorm a list of qualities the little girl and her Nana seem to have and using a dry-erase marker, write them on the mirror. Explain that before we get to know people, all we see is their reflection in the mirror (their physical appearance), but once we get to know people, we learn about all of their positive hidden qualities. It is important to take the time to get to know our friends to learn what they are good at and what makes them special, just as we need to recognize why we are unique.</td>
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<td><strong>Activity: My Reflection</strong></td>
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<td>Explain to students that mirrors only show what is on the outside. If we look in a mirror, we may see how we look physically, but we do not see all of our amazing inner characteristics that make us special.</td>
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<td>Ask students to draw a picture of themselves on the front of the mirror worksheet. On the back of the page (hidden behind what you see), have students list all of the wonderful qualities that make them who they are (ie. caring, smart, funny, active, etc.).</td>
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</tbody>
</table>
Once students have filled out their unique qualities and strengths, have them trade with a partner who will add more qualities about their friend that make them so special.

Have students share what makes them special in front of the class if they feel comfortable.

**Conclusion:**

Play the song, “No Mirrors in my Nana’s House” for students to listen and reflect on.

Ask students:

- Do you think our world would be better or worse without mirrors? Why?
- Where did the little girl see beauty?
- Where do you see beauty?

**Assessment and Evaluation:**

- The teacher will observe throughout the activity to ensure students are on task and participating actively.
- Students will submit their mirror worksheet and must demonstrate an ability to recognize their strengths and positive qualities about themselves and others.

**Enrichment or Extension Activities:**

**Additional Activities:**

Take a photo of each student. Have students cut their picture into a puzzle. Students will write on the back of each puzzle piece a quality that makes them special (ex. friendly, cheerful, outgoing, etc.). Have students put their puzzle together (individually or with a partner) by reading each quality that makes them who they are.

Have the students explain the story to a partner after reading the book and listening to the song “No Mirrors in my Nana’s House.”

**Additional Resources:**

A video clip of the story being read with some commentary as well as a recording of the song:

http://www.youtube.com/watch?v=mAG1j_Z850E
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No Mirrors in my Nana’s House

http://www.bced.gov.bc.ca/perf_stands/social.resp.htm

Reference List

http://storylineonline.net/nomirrors/storyline_nomirrors.pdf

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No Mirrors in my Nana’s House

Mirror Reflection
No Mirrors in my Nana’s House

Song Lyrics

There were no mirrors in my Nana’s house,
   no mirrors in my Nana’s house.
There were no mirrors in my Nana’s house,
   no mirrors in my Nana’s house.
   And the beauty that I saw in everything
   was in her eyes (like the rising of the sun).

   I never knew that my skin was too black.
   I never knew that my nose was too flat.
   I never knew that my clothes didn’t fit.
I never knew there were things that I’d missed,
   cause the beauty in everything
   was in her eyes (like the rising of the sun);
   …was in her eyes.

CHORUS:

There were no mirrors in my Nana’s house,
   no mirrors in my Nana’s house.
   And the beauty that I saw in everything
   was in her eyes (like the rising of the sun).

   I was intrigued by the cracks in the walls.
   I tasted, with joy, the dust that would fall.
   The noise in the hallway was music to me.
The trash and the rubbish just cushioned my feet.
   And the beauty in everything
   was in her eyes (like the rising of the sun).
   …was in her eyes.

CHORUS

The world outside was a magical place.
   I only knew love.
   I never knew hate,
   and the beauty in everything
   was in her eyes (like the rising of the sun).
   …was in her eyes.

CHORUS x 2