



Before You Were You — Lesson Plan

Grade: Pre-K–1 | Duration: 35–45 minutes | CASEL Domain: Self-Awareness

Objective: Students will understand that they were wanted and anticipated, building a foundation of belonging and self-worth.

Essential Question: *"What does it mean to know you were wished for before you were born?"*

Materials: The personalized story, Baby photos (ask in advance), Paper and crayons, Heart stickers

Vocabulary: Before, Wish, Wait, Prepare, Love, Dream, Arrive, Welcome, Nurture, Celebrate

ANTICIPATORY SET (5 MIN)

Ask: "What do you do when you're REALLY excited for something to arrive — a birthday, a trip, a new pet?" Chart the actions. "Now imagine someone felt ALL of that... about YOU."

DIRECT INSTRUCTION (15 MIN)

Read with tenderness. Pause at the dreaming, the preparing, the first meeting. Let the emotion land. Emphasize: every child in this room was wanted by someone.

GUIDED PRACTICE (10 MIN)

Practice interview questions in pairs. Model gentle, curious asking.

INDEPENDENT PRACTICE (10 MIN)

Create an "I Was Wished For" keepsake card. Draw the welcome moment.

CLOSURE (5 MIN)

Share cards. Teacher says to each child: "Before you were you, someone couldn't wait to meet you."

ASSESSMENT

Review cards and welcome drawings. Listen for sense of belonging in discussion. Exit ticket: "Name one thing someone did to get ready for you."

DIFFERENTIATION

Support: Provide card templates with starter phrases. Allow verbal storytelling.

Extend: Create a "Before You Were You" mini-book with drawings of the waiting, dreaming, and meeting.

HOME CONNECTION

Send home interview questions. Encourage families to share the story of waiting for and meeting their child.
