

Good Egg Group

A Program for K-5 Students

EGG-couraging

Acceptance of Self and Others

Mar·co PRODUCTS, INC.



By Sharon Stiefel, MA, NCC, NCSC

DEDICATION

I'd like to acknowledge my family and friends, who have EGG-couraged me all along in every way possible and who always believe I am a ...

Good Egg!

Good Egg Group

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Mar*co Products, Inc.
214 Kale Road
New Bern, NC 28562
Phone: 1-800-448-2197
Fax: (215) 956-9041
<http://www.marcoproducts.com>

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GRADES 1-2 • SESSION 2

I'm a "Good Egg"

Purpose:

In this session, students will:

- self-reflect and identify things they are good at as well as those that are difficult for them,
- observe that other people can also be slightly "cracked," and
- begin to accept their difficulties as part of their whole self.

Materials Needed:

For the leader:

- White board, chalkboard, or chart paper to write on
- Marker

For each student:

- His/Her Good Egg Workbook
- Pencil

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Pre-Session Preparation:

Create a two column chart on the board/chart paper. Label one column *Eggs* and the other *You*.

Gather the other required materials.

Procedure:

THE NAME GAME

Begin the session by playing *The Name Game* (see page 27) to remind students of each other's names. Have the students name different things they are good at than the ones they named in the first session.

REVIEW

Give each student his/her *Good Egg Workbook* and, if needed, a pencil. Then say:

Last time we talked about how we all have both good or helpful traits and bad or unhelpful traits. And even though we, like eggs, have bad or unhelpful traits, we are all "good eggs."

Please open your workbook to page 2. Look at the quote at the top of the page. Let's read it together.

“A true friend is someone who thinks you are a good egg even though he or she knows you are slightly cracked.” ~ Bernard Meltzer

Bernard Meltzer was a man who helped other people by giving advice on the radio. What do you think this saying means? (Students' answers may include: Even if you have faults, you are still OK; No one is perfect; Your friends will accept you for who you are even if you are not perfect.)

Like eggs, we form protective “shells,” around us. But there are times when our “shell,” that is meant to protect us, cracks. Usually this happens when we have very strong feelings about something or when we are upset. Remember, even though at times your “shell” may crack, you are still a “good egg.”

Last week, I asked you to think about the things you are good at or nice things other people say about you. Today we are going to share some of our good EGG-ness with each other.

CORRELATION TO PEOPLE

Introduce the topic by saying:

Let's start by naming some good things about eggs. Think really hard about eggs. Now, ask yourself, “What about eggs is good?” (Eggs develop into baby animals, are used to make delicious food like scrambled eggs and chocolate chip cookies, are pretty when decorated, etc.)

Write the students' ideas on the board/chart paper in the *Egg* column. Then say:

Now let's think of all the good things about each of you.

Write the students' ideas in the *You* column.

APPLY

Give the following directions.

Look at page 2 of your workbooks again. Fill in the top of the egg with your good or helpful traits—the things you are proud of or good at doing.

Allow time for the students to complete the task. (Provide assistance if necessary.) Then go around the group and have each student share one of his/her traits with the group. As each student shares a trait, write his/her trait on the board/chart paper in the *You* column. Then say:

Now think of the things that might make your “shell” crack. These could be things that are hard for you to handle or might make you angry or sad. Write those things on cracks on the bottom of the egg.

Good Egg Group

[Blank name label area]

NAME

Mar*co PRODUCTS, INC.



An EGG-cellent Group!

My Shell Behaviors



Mar **Protect** PRODUCTS, INC.

*I'm a good egg,
even though I'm
slightly "cracked."*

All Kinds of Eggs

1. Alligator

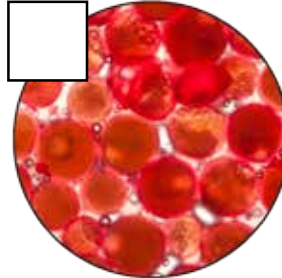
- SOFT OR GELATINOUS EGG
- MEDIUM SOFT OR LEATHERY EGG
- HARD OR RIGID EGG

Can you guess which animal produces which eggs?

Write the animal's number in the square, then check whether it has a soft, medium soft, or hard shell.

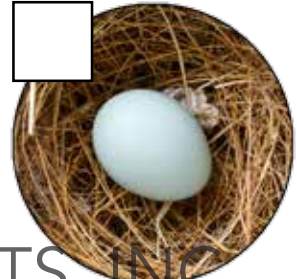
2. Bird

- SOFT OR GELATINOUS EGG
- MEDIUM SOFT OR LEATHERY EGG
- HARD OR RIGID EGG



3. Butterfly

- SOFT OR GELATINOUS EGG
- MEDIUM SOFT OR LEATHERY EGG
- HARD OR RIGID EGG

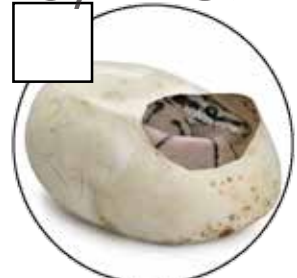
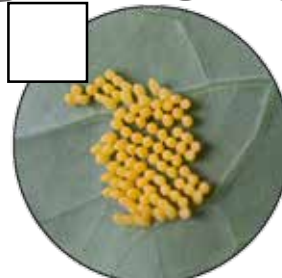


4. Chicken

- SOFT OR GELATINOUS EGG
- MEDIUM SOFT OR LEATHERY EGG
- HARD OR RIGID EGG

5. Frog

- SOFT OR GELATINOUS EGG
- MEDIUM SOFT OR LEATHERY EGG
- HARD OR RIGID EGG

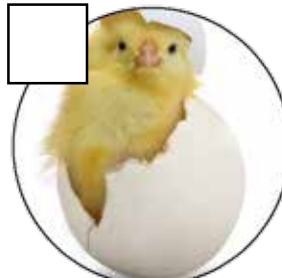


6. Snake

- SOFT OR GELATINOUS EGG
- MEDIUM SOFT OR LEATHERY EGG
- HARD OR RIGID EGG

7. Fish

- SOFT OR GELATINOUS EGG
- MEDIUM SOFT OR LEATHERY EGG
- HARD OR RIGID EGG



8. Sea Turtle

- SOFT OR GELATINOUS EGG
- MEDIUM SOFT OR LEATHERY EGG
- HARD OR RIGID EGG

9. Dinosaur

- SOFT OR GELATINOUS EGG
- MEDIUM SOFT OR LEATHERY EGG
- HARD OR RIGID EGG



10. Red Ant

- SOFT OR GELATINOUS EGG
- MEDIUM SOFT OR LEATHERY EGG
- HARD OR RIGID EGG