

## FINDING THE BEAUTY WITHIN

**Overview:** It can be easy to get discouraged when having a bad day or encountering struggles in reaching goals. This lesson brings a perspective shift to help students understand we all experience “scribbles” or challenges in life. We are in control of using them as opportunities to make our own “masterpieces” in finding success and happiness.

### **SD Mindsets & Behaviors for Student Success:**

#### **K-12 College, Career, and Life-Ready Competencies for Every Student:**

- M 4. Self-confidence in ability to succeed
- B-LS 2. Creative approach to learning, tasks, and problem solving
- B-SMS 1. Responsibility for self and actions
- B-SMS 6. Ability to identify and overcome barriers

**Estimated time:** 15-20 minutes

### **Materials:**

- One blank sheet of paper for every student
- Markers, crayons, or something that has a variety of colors

### **Instructions:**

1. Distribute a blank sheet of paper to each student.
2. Ask each student to grab a writing utensil (a pen, pencil, marker, or crayon) and hold it just above the center of their paper and close their eyes.
3. Say, “Go,” and give them about five seconds to scribble on their piece of paper before telling them to “Stop!”
4. Now ask everyone to hold up their scribbles. Ask for any comments on how the scribbles look. (You may hear some responses on how they look ugly or funny.)
5. Explain that at first glance, these scribbles may look rather dull; however, after really looking at their DRAWINGS, they may see that they can turn these scribbles into works of art. (You may need to help students get a perspective shift by telling them to rotate their scribbles to see something appear to their eyes that can be turned into a work of art.)
6. Now have students add color and any extra lines to their scribbles to bring their drawings into works of art.
7. Tell students that they went from seeing dull scribbles into having masterpieces!
8. Explain to the students that our challenges in life – whether it be a bad day or encountering struggles to reach our goals – may be like scribbles. They may seem ugly, dull, and not so fun. However, when we take a deeper look, we may realize that these are all normal and part of life. We have the power to turn a bad day or challenge into an opportunity for growth to find happiness and reach our goals, making us our own masterpieces!

**Processing/Application Questions:**

- What did you think when I first asked you to turn your scribble into a piece of art?
- How difficult was it to look past the scribbles and find something special in what you had drawn?
- How are our scribbles like the challenges we encounter in life?
- How are our masterpieces like us?
- What are some ways we can help ourselves get through scribbles in life (such as tough days or challenges)?

*Adapted from:*

*Our Hidden Beauty. (n.d.). Finding the beauty within: A lunch bunch lesson [Lesson Share]. School Counselor Best Practices Share Session, Sioux Falls, SD, United States.*

