

## Fitting In and Standing Out

Name(s):

School:

District:

Grade(s) Served: 6, 7, 8

Domain: Personal-Social

### Activity

Middle school students want to both fit in and stand out. In this lesson, students will explore what makes them feel like they fit in with their peers, and what makes them feel like they stand out. This lesson can be done in small groups, or as a classroom guidance lesson. Students will discuss how to fit in with different social groups, and what kids do to do that. Each kid will identify something about themselves that stands out.

### Lesson Topic

Interpersonal skills to help understand self and others

### ASCA Mindset Standards

M 3. Sense of belonging in the school environment

### ASCA Behavior Standards

B-SS 2. Create positive and supportive relationships with other students  
B-SS 7. Use leadership and teamwork skills to work effectively in diverse teams  
B-SS 9. Demonstrate social maturity and behaviors appropriate to the situation and environment

### Learning Objectives

Students will learn that there is something about everyone, including themselves, that is unique. And, everyone wants to fit in to some social group. They will learn how to value the uniqueness of themselves and others, and reflect on what they can do to help others feel that they fit in.

## Materials

All students need something to write with and on. You could create a google doc, or have them use paper and pencil.

## Handouts/Resource

n/a

## Procedure

Post the following questions on a presentation:

Do you act differently to fit in with your family than with your friends?

How can you help others feel like they fit in?

Name one thing about yourself that is unique and makes you stand out.

Is it important to both stand out and fit it?

Give students 15 minutes to answer these questions. Standing out and fitting in are both really important and can be sensitive for middle school students. They may be more comfortable talking about how they can help others fit in. Ask students to share out why think think standing out and fitting in are both important. Ask students if they can think of any books, poems, or music where a major theme was the importance of both standing out and fitting in.

**Plan for Evaluation:** How will each of the following be captured?

## Process Data

Roster of students

## Perception Data

Make a pre-post survey

## Outcome Data

School climate surveys

## Follow Up Plan for Students Who Do Not Meet Objectives

One on one meetings, or small groups.