

The Power of Encouragement

Lesson Objective:

Students will understand the importance of positive encouragement and learn how to support each other using their unique strengths in both individual and group challenges.

Materials Needed:



- Copy of Chapter 19, The Power of Encouragement
- Pencils and markers
- S.T.A.R. Strategy Poster
- Encouragement Notes worksheet
- Home Connection Letter

Introduction to the Topic (10 minutes)

Greeting Outline:

- Welcome the children and have them sit in a circle (if applicable)
- Begin with a brief discussion of the importance of encouraging others.

Greeting and Circle Time Teacher Script

Warm Welcome and Opening Discussion:

- "Good morning, everyone! Today, we're going to learn about something really powerful—encouragement.

Discussion Starter

- Have you ever felt nervous or unsure about something? Maybe you were scared to try a new sport or give a presentation? What helped you feel better?"
- (Allow time for students to respond and share examples of when they received encouragement.)
- "Encouragement helps us build confidence, and it's even more powerful when we give it to each other.

Read the Chapter (15 minutes)

Story Time Outline:



- Read Chapter 18 aloud. Pause at key moments to engage students and make sure they are following the story.
- Ask questions during key parts of the story.

Story Time Teacher Script:

Prepare the Students for the Story:

- Today, we'll see how Ollie, Harriet, and their friends use the power of encouragement to help each other through big moments in both soccer and a classroom presentation."
- (Read the chapter aloud, pausing at key moments to ask questions and engage the children.)

Read the Chapter with Emphasis on Key Moments:

- **While reading**, pause during key moments.
- **Ask Questions:**
 - Why is Harriet feeling nervous before her soccer game?
 - How does Sammy offer encouragement to Harriet?
 - What kind of support does Buzz give to Harriet?
 - How does Ollie's plan help Harriet feel more confident?
 - What is Sammy worried about with the class presentation?
 - How does Betty's problem-solving help Sammy feel better?
 - Why does Bennie remind Sammy to take deep breaths before the presentation?
 - What strategy does Ollie suggest to help Sammy with the presentation?
 - How does Harriet's encouragement help Sammy when he practices his speech?
 - What does Harriet realize after her soccer game about the power of encouragement?

Chapter 19: *The Power of Encouragement*

It was the beginning of March, and winter's chill was finally starting to fade. As the snow melted away, Ollie, Harriet, Bennie, Sammy, Buzz, and Betty found themselves entering a new season—not just of the year, but of their experiences in fourth grade. With more group projects, sports, and school activities ahead, they were about to learn the importance of supporting each other through positive encouragement.

One chilly morning, the friends gathered in the schoolyard before class. Harriet was pacing back and forth, holding a soccer ball. "I've got my big game this weekend, and I'm so nervous!" she confessed, her usual excitement replaced with a bit of worry. "I want to do well, but I keep thinking about messing up."

Sammy, always the empathetic one, noticed how tense Harriet was. "You're going to be great," he said softly. "You've been practicing so hard. We all believe in you."

Buzz, who was usually buzzing with excitement, added, "Yeah, Harriet! You've got this. And even if something doesn't go perfectly, it's just one game. You're awesome no matter what!" Harriet smiled, though she still looked a bit unsure. Ollie, who always had a plan, jumped in.

"Let's come to the game and cheer you on. You'll have us there for support, and it'll help you stay focused and calm."

Harriet's smile grew wider. "That would be awesome. Knowing you guys are there would make a huge difference."

As they headed into class, the group realized that they weren't just supporting Harriet—they were learning how to lift each other up when someone was feeling nervous or unsure. But their lesson in encouragement wasn't over yet.

The Classroom Challenge

Later that day, the class was assigned a big group project. Ms. Sanchez explained that the students would work in teams to create presentations about a famous person in history. The friends were excited, but as the work began, Sammy, who was usually calm and thoughtful, started to feel overwhelmed.

"I'm not good at public speaking," Sammy admitted, his voice quiet. "I'm worried I'll mess up during the presentation."

Betty, always the problem-solver, looked at Sammy with concern. "You don't have to do it alone, Sammy. We're all in this together. Plus, you're great at explaining things—you just need a little boost of confidence."

Bennie, with his steady and supportive nature, added, "We'll help you practice. And remember, we're your friends. Even if you make a mistake, we'll be there to back you up."

Ollie, ever the organizer, suggested, “How about we split the presentation into smaller parts? That way, you won’t have to talk for too long at once. We can all take turns.” Sammy smiled, feeling a little less nervous. “That sounds like a good idea. Thanks for helping me feel better about it.”

The Strength of Positive Encouragement

Over the next few days, the group supported both Harriet in her soccer practice and Sammy as they prepared for the class presentation. Each friend used their strengths to offer positive encouragement in different ways.

Harriet’s energy was contagious, and she cheered on Sammy every time he practiced his part of the presentation. “You’ve got this!” she said, clapping after each practice session. “You’re doing so much better every time!”

Buzz, with his creative mind, came up with fun ways to help Sammy relax before speaking. “What if you imagine the audience is cheering for you, like at a concert?” he suggested. “It’ll help you feel like a superstar.”

Bennie, always steady, reminded Sammy to take deep breaths before he spoke. “When you feel nervous, just pause for a second, breathe, and then keep going. You’re doing great.”

Ollie helped by organizing their presentation into easy-to-follow sections, making sure everyone felt confident about their parts. “We’re all in this together, so there’s no pressure. We’ll support each other.”

Betty, the problem-solver, helped Sammy work through any tricky parts of his speech, making sure he felt prepared for every question. “You’ve got all the information you need, Sammy. You just need to trust yourself.”

The friends also rallied around Harriet, offering her encouragement as her big soccer game approached. “Remember how awesome you are on the field,” Ollie reminded her. “You’ve practiced for this, and we’ll be cheering you on the whole time.”

Game Day and Presentation Day

The weekend arrived, and the group gathered at Harriet’s soccer game, excited to cheer her on. As the game started, Harriet’s nerves kicked in, but she could hear her friends on the sidelines calling out encouragement.

“You’ve got this, Harriet!” Buzz yelled, jumping up and down with excitement.

“Go, Harriet!” Sammy added, waving from the stands.

Even though Harriet missed a goal in the first half, she remembered her friends’ support and didn’t let it get her down. She played her best, and by the end of the game, she had scored the winning goal.

After the game, Harriet ran over to her friends, her face glowing with happiness. “I couldn’t have done it without you guys cheering me on,” she said, hugging them. “It made all the difference.” A few days later, it was time for the class presentation. Sammy, who had been practicing with his friends, still felt a little nervous, but he remembered all the positive encouragement they had given him.

As he stood in front of the class, he took a deep breath, just like Bennie had reminded him. Harriet gave him a thumbs-up from her seat, and Buzz smiled encouragingly. Sammy started speaking, and as he went on, he grew more confident, knowing his friends had his back. By the end of the presentation, Sammy felt proud of himself. “I did it,” he said, beaming. “Thanks for helping me believe in myself.”

Reflecting on the Power of Encouragement

Later that afternoon, the friends gathered at the park, talking about everything they had experienced over the past week.

“I didn’t realize how much positive encouragement could help,” Harriet said. “It made me feel so much stronger during the game.”

Sammy nodded. “And it made a huge difference for me during the presentation. I wouldn’t have been able to do it without all your support.”

Betty smiled. “I think we’ve all learned something important. Encouragement isn’t just about saying nice things, it’s about helping each other believe in ourselves, especially when we’re feeling unsure.”

Ollie, ever the planner, added, “And it works because we know each other’s strengths. We can use those strengths to lift each other up.”

Bennie, always calm and steady, smiled. “It’s like we’re all stronger together. When one of us is feeling down, the rest of us can help bring them back up.”

As they sat together, the friends realized that positive encouragement wasn’t just about cheering someone on, it was about helping each other grow, learn, and face challenges with confidence. And they knew that, no matter what came next, they would always have each other’s backs. And with that, they walked into the warm March afternoon, ready for whatever the rest of the school year would bring, knowing that their friendship, and their positive support for one another, was the key to their success.

Post-Chapter Teacher Script

- **Teacher:** “Wow. The squad learned something important today... the power of encouragement and the support it can provide to each other.”

Post-Chapter Questions

Ask these questions to help students reflect on the chapter and connect it to their own experiences:

- How do Harriet's friends help her feel better before the soccer game?
- What did you notice about how Sammy's friends supported him before the presentation?
- Why do you think encouragement helped Harriet and Sammy so much?
- How does encouragement make a difference when we are feeling nervous or unsure?
- Why is it important to offer positive encouragement instead of just pointing out mistakes?
- Have you ever been in a situation like Harriet or Sammy, where encouragement helped you succeed?
- How can you offer encouragement to a friend or classmate when they're feeling unsure?
- What kind of encouragement helps you feel more confident?
- How can we make encouragement a regular part of our classroom environment?
- How do you feel when you give encouragement to others?

Do an Activity (20 minutes)

- Students will practice providing encouragement to others.

Activity: Encouragement Notes (20 minutes)

Introduce Activity

"Today we're going to do something really special. We're going to lift each other up with **Notes of Encouragement**.

Everyone needs encouragement—especially when they're working hard, trying something new, or going through something tough.

I'm giving each of you a *Notes of Encouragement* worksheet. You'll write short, kind notes to **three classmates**. Think about someone who's been putting in effort, showing kindness, or just needs a little boost.

Be specific in your note! Instead of just saying 'You're nice,' you might say, 'You helped me when I was confused in science class and that made me feel supported.'

Kind words make a difference—and today, *you* get to be that difference for someone else."

Activity Instructions

- Hand out the Notes of Encouragement worksheet.
- Give students time to write short encouragement notes to three of their classmates.
- Encourage them to be specific and use kind words that focus on the person's efforts or strengths.
- Examples:
 - "I've seen how hard you've been working in math. Keep going—you're getting better every day!"
 - "I know you're nervous about the talent show, but you're amazing, and we'll be cheering for you!"
 - "You're always kind to everyone, and that makes our class a better place."

Wrapping it Up



Wrap Up the Lesson (5 minutes)

1. Review and Reflection Overview:

- "Would anyone like to share one of the notes they wrote out loud?
You don't have to name the person if you'd rather keep it anonymous, but you can share your message to inspire others and show how simple it can be to lift someone's spirit."

Model respectful listening and celebrate specific, thoughtful wording.

"You all took time today to recognize the good in others—and that's one of the most powerful things you can do in a community.

It takes kindness to notice someone's efforts, and it takes courage to speak up and say something positive.

Your words today may have made someone feel more confident, less alone, or ready to try again, and that matters."

Review and Reflection Teacher Script

Gather in a Circle for Reflection:

- “Let’s sit in a circle and reflect. Encouragement helps everyone feel seen, supported, and appreciated, and it also feels good to *give*.
When it’s your turn, finish this sentence:
‘Writing notes of encouragement reminded me that...’
- You can share how it felt to write, something you noticed about a classmate, or something you hope your notes will do. You can pass if you'd like.”

Closing

- “Encouragement doesn’t have to be long or fancy, it just has to be honest and kind.
Keep looking for ways to build others up every day, whether it’s through a note, a smile, or a kind word. That’s how we create a classroom where everyone feels safe, supported, and celebrated.”

Home Connection Letter

Sending Information Home:

- “Before you go, I have a letter for you to take home. Today, we practiced empathy and positive communication through a “Notes of Encouragement” activity. Each student wrote personalized, uplifting messages to three classmates, focusing on effort, kindness, or unique strengths.
- Hand out the letters as the children prepare to leave.

Parent Letter

Sending Information Home:

- Provide each child with a letter to take home to their parents explaining the lesson.

Dear Parent(s)/Guardian(s),

Today, your child learned about the power of encouragement and how supporting one another with positive words and actions can help us all feel more confident in facing challenges.

In class, we read a chapter from Ollie's Superpower Squad where the characters used encouragement to help each other succeed in a soccer game and a class presentation.

The students then practiced writing encouragement notes to their classmates, focusing on using their words to uplift and inspire.

We encourage you to ask your child about what they learned today and how they can use encouragement in their daily life to support others.

Best Regards,

