

The "Tail" of Fabulous Fannie Lesson Plans for parents, home school educators, and teachers



Learning Outcomes and Success Criteria

Learning Objective:

- We can learn to appreciate our unique qualities and understand the importance of embracing differences in others.
- We can learn the importance of self-confidence and perseverance to overcome challenges in our daily lives.

Success Criteria:

- I can identify my emotions, personal assets, areas for growth, and potential external resources and supports.
- I can regulate my emotions, thoughts, and behaviors.

Resources

- The "Tail of Fabulous Fannie" By Julie and Rob Barnett
- Confidence Builder Task Cards
- "I'm A Little Birdy" Confidence Song

The "Tail" of Fabulous Fannie Lesson Plans

Discussion Questions and Activities Day 1

1. Read the story "The "Tail" of Fabulous Fannie", by Julie and Rob Barnett.
2. Ask questions:
 - How was Fannie able to get through the difficult times? Her friends encouraged and supported her. She had self-confidence and persevered as she followed her dream of dancing.
 - What are some of the unique qualities that made Fannie stand out? Fannie was a kind, creative, resourceful, persevering, funny, and graceful dancer.
 - What are some things she could have used for tail feathers instead of a fan or bananas?
 - What did Fannie do to overcome being teased and her feelings of shame? She had self-confidence and persevered when times were tough.
 - Have you ever been teased by someone?
 - How did it make you feel?
 - What are some of the unique qualities that make you stand out?
3. Create a drawing of yourself highlighting your unique qualities.
 - Discuss what makes you special.
 - Embracing differences can bring people together. Discuss how we can appreciate the differences in others.



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Lesson Plans

Discussion Questions and Activities Day 2

Reread the story "The "Tail" of Fabulous Fannie", by Julie and Rob Barnett.

1. Ask questions and discuss:
 - Have you ever felt unsure of yourself or scared to try something new?
 - Explain that we need to have the courage to persevere through challenges.
 - What is courage? *Courage is doing something that you are afraid of or that is difficult.*
 - Share examples of times you or your child showed courage and persevered in their lives. *Through our courageous moments, we develop self-confidence.*
 - What is self-confidence? *Self-confidence is believing in yourself and your abilities. It means feeling good about who you are and what you can do.*
 - Give strategies for building self-confidence.
 1. *Think positive thoughts about yourself*
 2. *Try new things, even if they seem, scary at first*
 3. *Surround yourself with positive people who support you*
 4. *Avoid teasing others and stand up for those who are being teased*
 5. *Be kind and supportive of one another*
 2. Think of a superstar moment that you've had and describe the emotions you felt at that time.
 3. Draw a picture of your superstar moment and share how it made you feel.
- Reflection:
- Share a dream you have for yourself for the future.

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Lesson Plans

Discussion Questions and Activities Day 3

Reread the story "The "Tail" of Fabulous Fannie", by Julie and Rob Barnett.

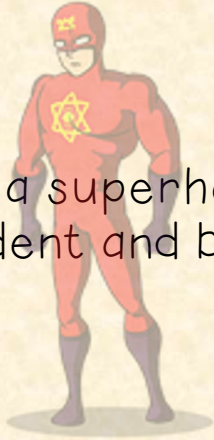
1. Role-play different people having self-confidence i.e. policeman, doctor, teacher, athlete, the president, or giving a speech. Act out like charades. (Confidence Building Task Cards are on pages 6 and 7)
 - Act like a superhero who is confident and brave.
 - Pretend you are a confident astronaut ready to explore space.
 - Act like a confident chef who knows how to cook delicious food.
 - Pretend to be a confident singer who is about to perform in front of a big audience.
 - Act like a confident athlete who is about to win a gold medal.
 - Pretend to be a confident scientist about to make a big discovery.
 - Act like a confident firefighter who knows how to put out fires.
 - Pretend to be a confident detective who knows how to solve any mystery.
2. Confidence Building Song "I'm A Little Birdy" page 8

Reflection

1. How would you feel being teased like Fannie?
2. Helping your child to understand how it would feel to be in Fannie's shoes, will help them to build empathy for others.
3. Being different can be difficult, but it is important to have courage and be proud of who you are. Your unique individuality is what is special about you and makes you shine like a superstar.
4. Highlight the importance of standing up for yourself and for those that are being teased or bullied. Encourage your child to have empathy and practice being self-confident in their daily life.

The "Tail" of Fabulous Fannie

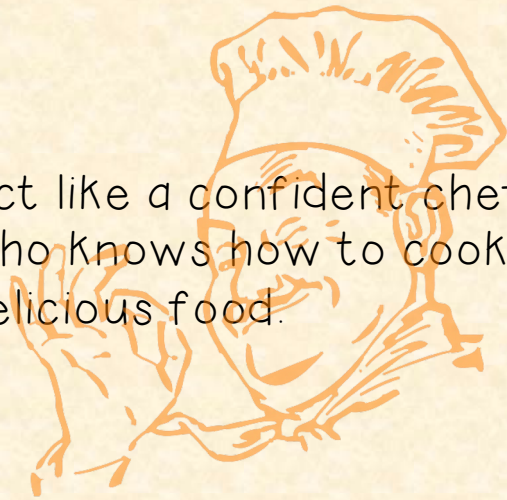
Confidence Building Task Cards



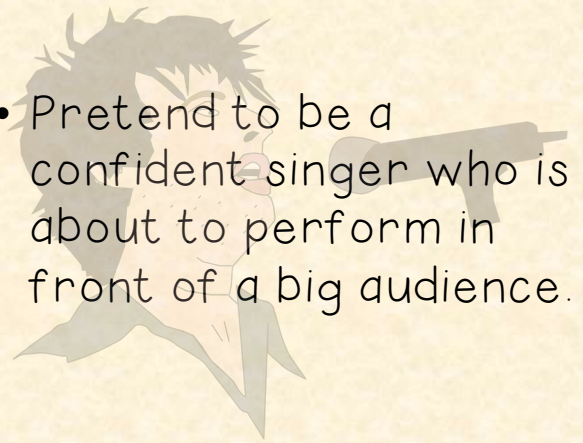
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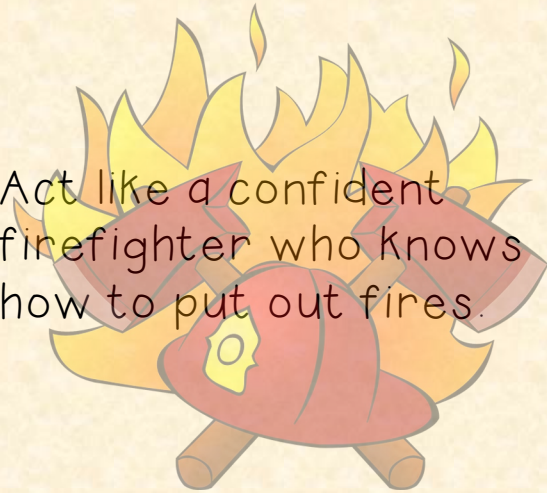


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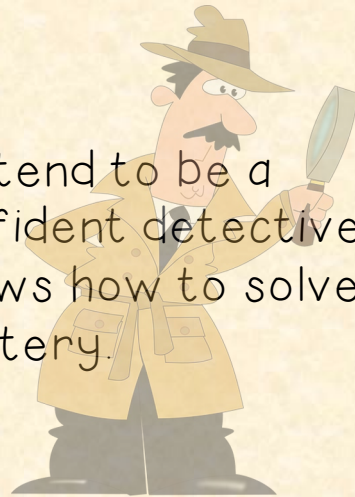
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Confidence Building Task Cards

- Act like a confident firefighter who knows how to put out fires.



- Pretend to be a confident detective who knows how to solve any mystery.



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Confidence Song

Song: "I'm a Positive Birdy"

Sung to the tune of the song "I'm a Little Tea-Pot"

Verse 1:

I'm a positive birdy, that's for sure
I'm con-fi-dent, not afraid to ex-plore.
My feathers may be messy and un-tied,
I'm proud of me and I won't hide.



Chorus:

I-I am-am con-fi-dent and strong,
I know that I, can do no wrong.
I believe in myself, don't you see,
That's what makes me happy and free.

Verse 2:

Yes, I make mistakes, UH HUH that's true,
I learn from them, and try something new.
I am not afraid to speak my mind,
Because I always try to be kind.

Chorus repeat:

Verse 3:

If you see me flying down the hall,
Or dancing to my own beat, standing tall,
Don't be afraid to come say hi,
I'm confident, and friendly, just give it a try.

Chorus Repeat:

Outro:

So if you're feeling down or blue,
Just remember to believe in you.
You're unique and special in your own way,
That's what makes you shine bright every day.