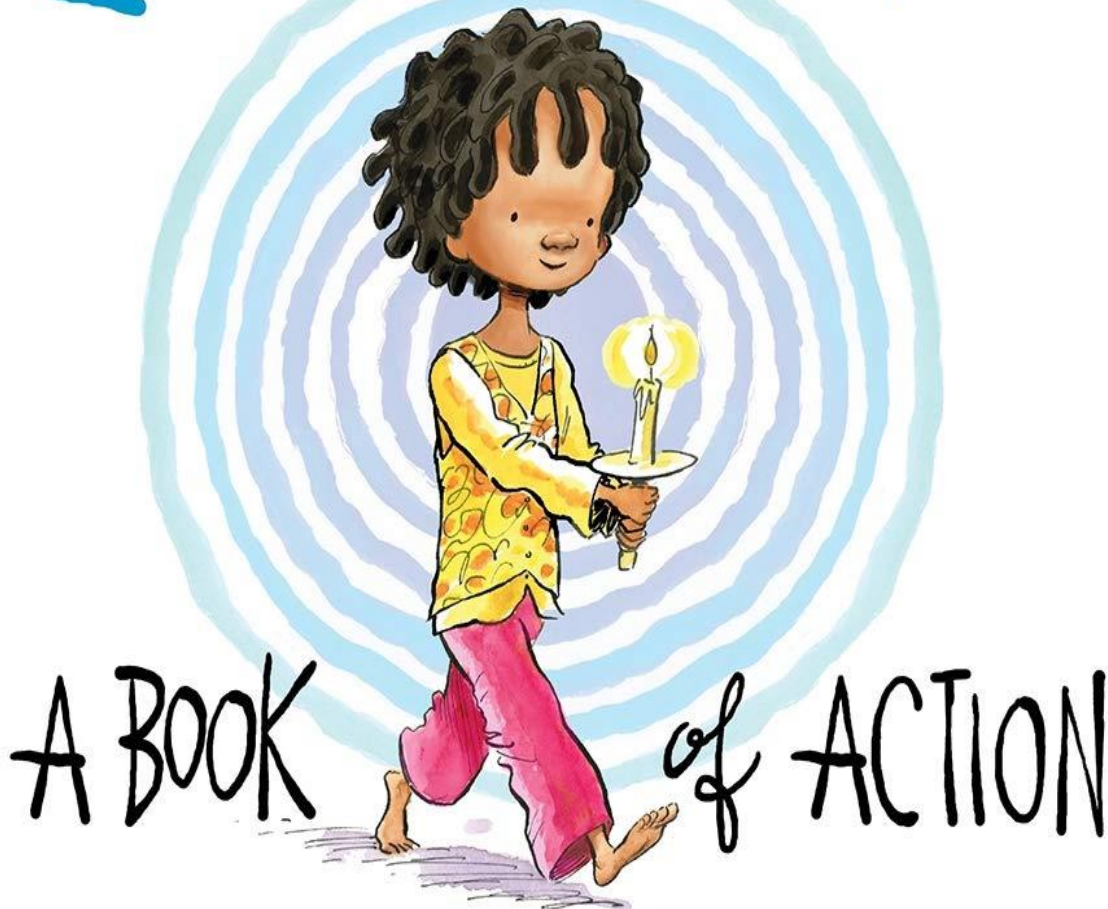


# I AM ONE



BY SUSAN VERDE · ART BY PETER H. REYNOLDS  
THE #1 NEW YORK TIMES BESTSELLING TEAM

# Activity Packet

# Quote

“Just as ripples spread out when a single pebble is dropped into water, the actions of individuals can have far-reaching effects”

Dalai Lama



# How do we Begin?

Here is a mindfulness meditation and self-reflection activity to help you get started.

- Find a comfortable seat. Close your eyes. Place your hands on your belly and breathe slowly in and out through your nose. Notice your breath and your belly moving in and out.
- Now think about something you would like to help or a change you want to see—in the world, in your neighborhood, in your school, or wherever it is. Notice any feelings that come up. Maybe you are angry or sad or frustrated. Don't try to stop those feelings. Instead, name them in your mind.
- Now bring your attention back to your breath. Try to find a slow rhythm, breathing in and out, and imagine each breath filling your whole body. As you breathe in, say to yourself, "I am, strong." As you breathe out, say, "I am focused."
- Repeat this a few more times. Slowly open your eyes. Notice how you feel.

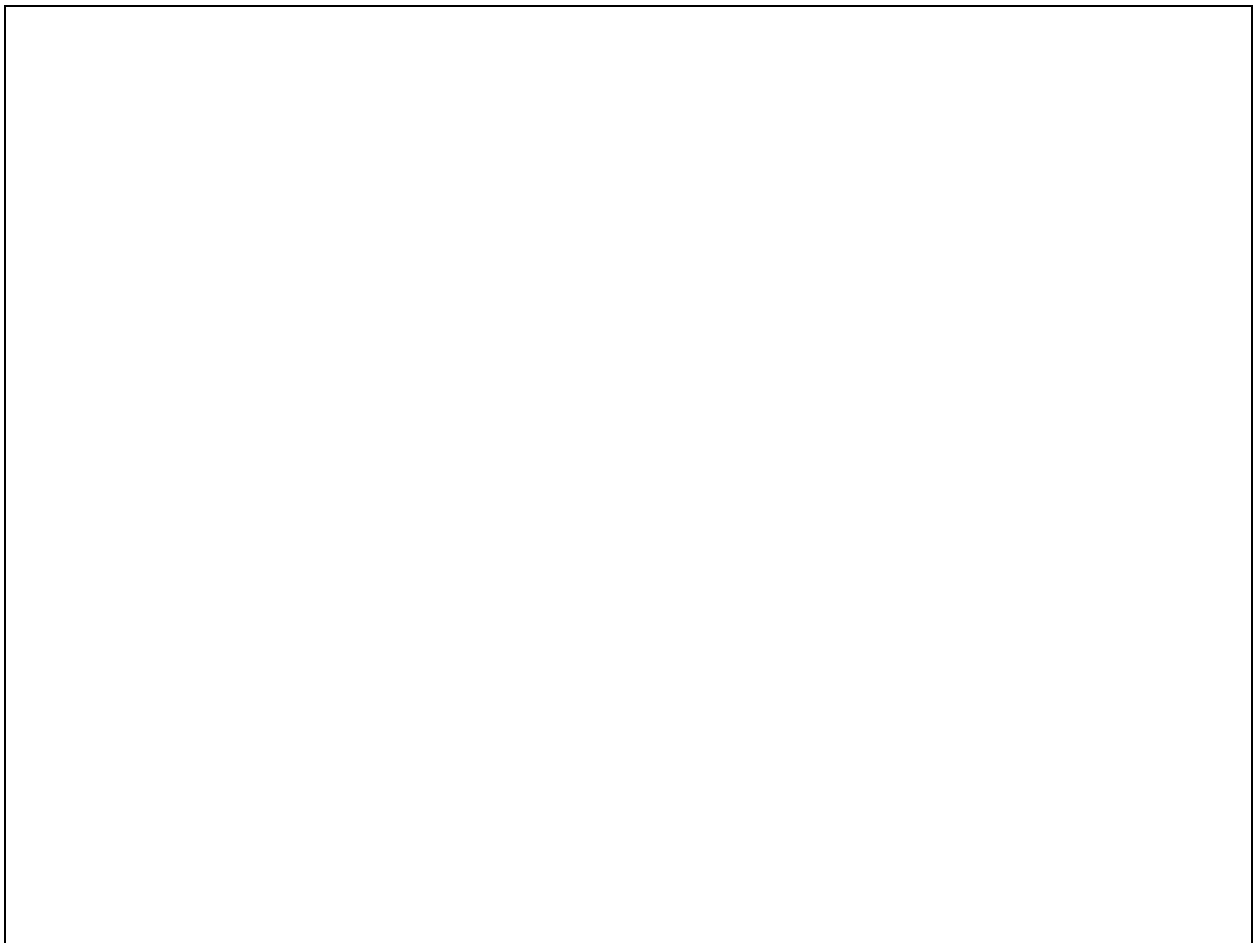
Ask yourself:

1. What did you think about that needs changing?
2. What feelings did you have when you thought about it?
3. What can you do, now that you are focused and strong—what first step can you take—to be the one to make a difference?

# Conversations

“I can speak one gentle word to start a conversation.”

What gentle word can you speak to start a conversation?

A large, empty rectangular box with a thin black border, intended for the student to write their answer to the question above.

# Connections

“I can perform one act of kindness to start a connection.”

What act of kindness can you perform to start a connection?

A large, empty rectangular box with a thin black border, intended for the student to write their answer to the question above.

# Masterpiece

“One stroke to start a masterpiece.”



What will your masterpiece look like?



# Activity Pages

1. I Am One Word Find
2. Note Maze
3. Candle Maze
4. Be the Change Coloring Sheet
5. Let Your Light Shine Coloring Sheet



One by one,  
we can make a difference.

# I Am One

## Word Find

C	H	A	N	G	E	B	B	Q	K
O	C	C	J	F	B	E	O	C	I
N	A	T	O	R	O	A	U	O	N
V	R	I	U	I	R	U	N	N	D
E	I	O	R	E	D	T	D	N	N
R	N	N	N	N	E	I	A	E	E
S	G	T	E	D	R	F	R	C	S
A	I	O	Y	S	S	U	I	T	S
T	S	O	N	E	Z	L	E	I	L
I	N	S	P	I	R	E	S	O	O
O	R	I	P	P	L	E	S	N	O
N	L	E	A	D	I	N	G	I	K
M	O	V	E	M	E	N	T	N	O
D	I	F	F	E	R	E	N	C	E

KINDNESS

LEADING

BOUNDARIES

BORDERS

MOVEMENT

DIFFERENCE

BEAUTIFUL

JOURNEY

FRIENDS

CONVERSATION

CONNECTION

CARING

RIPPLES

INSPIRE

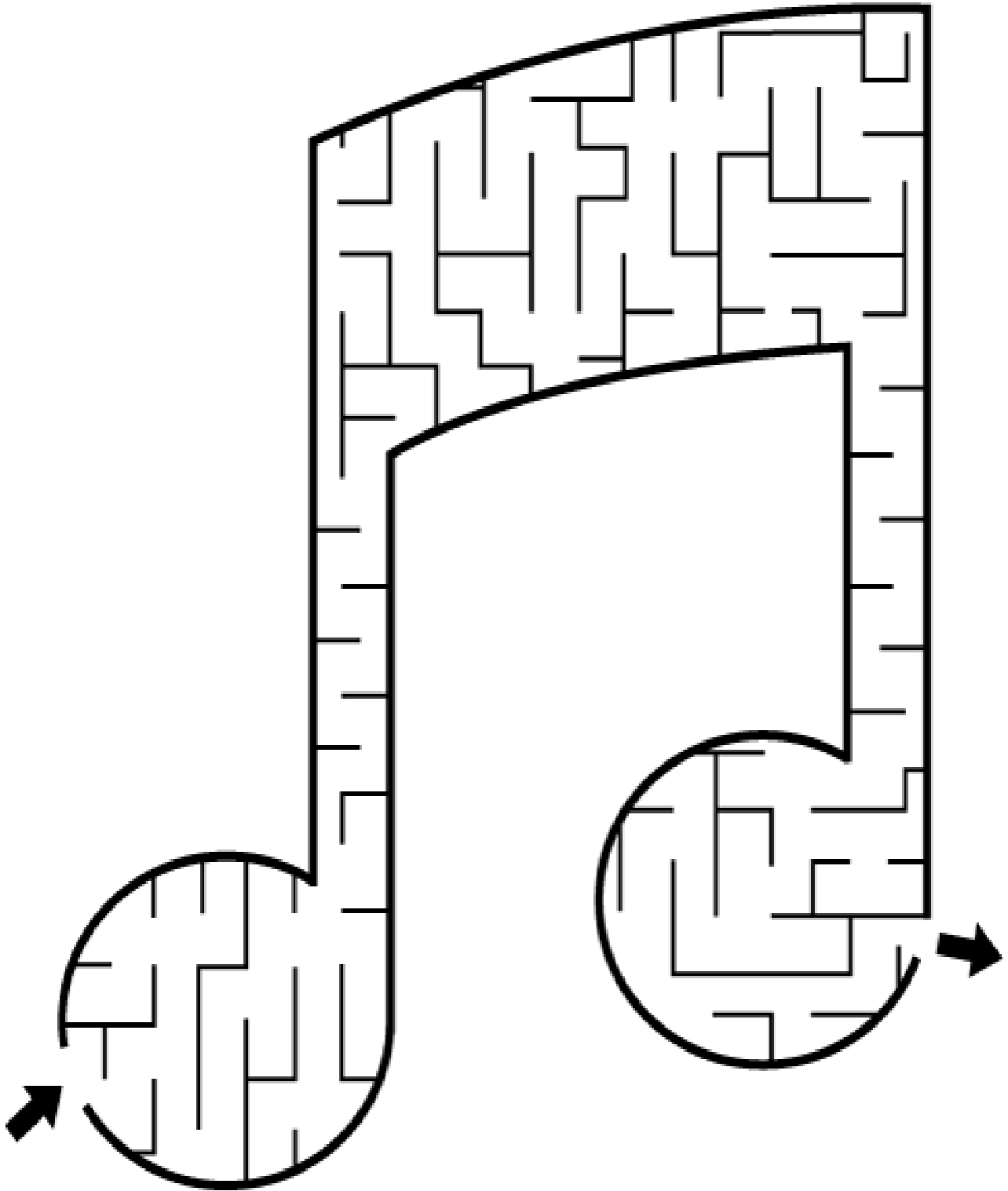
CHANGE

ACTION

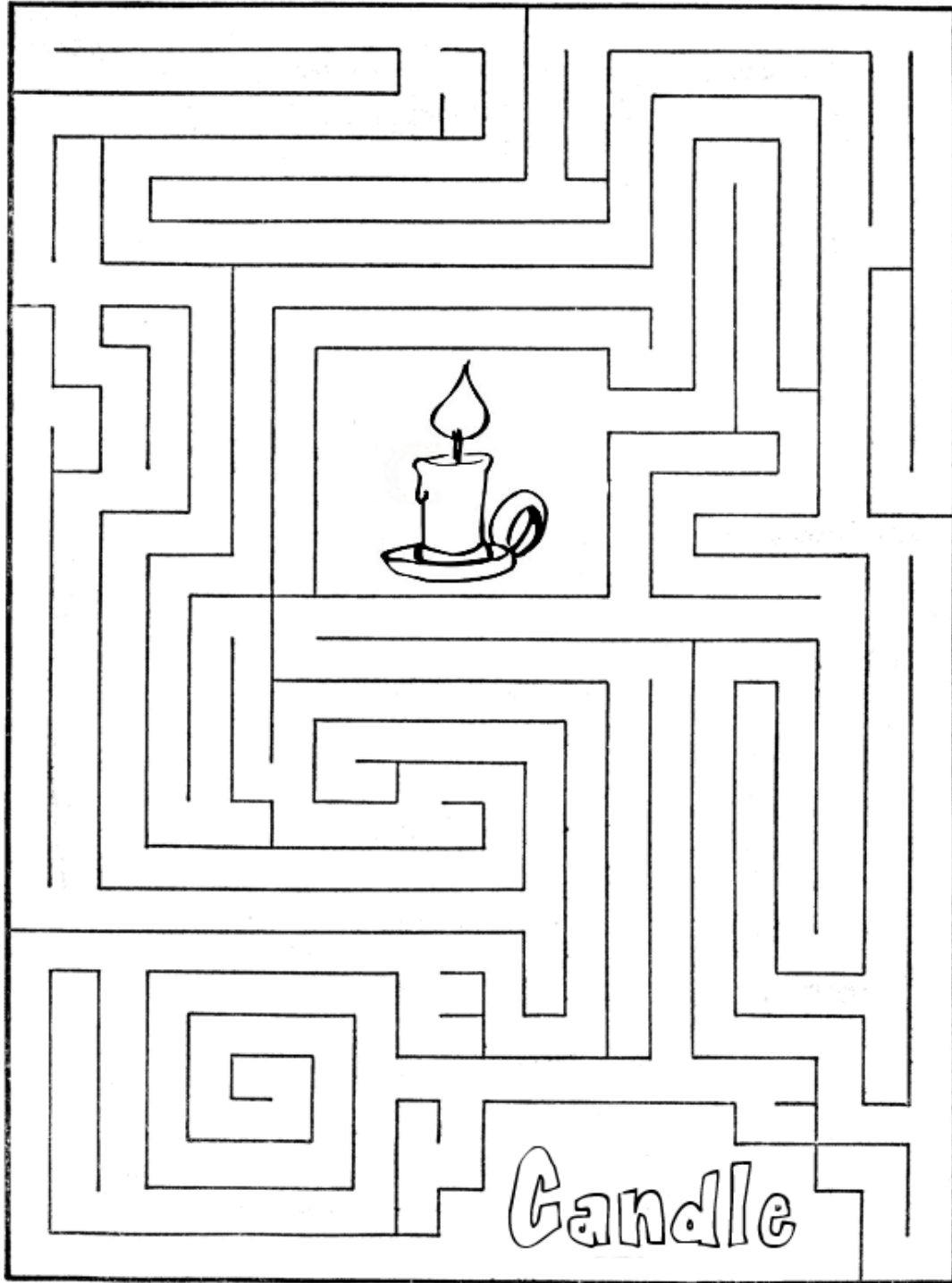
ONE



*“One note can start a melody.”*



*"I can light a candle to start leading the way."*



Be the  
change you  
want to see

in the  
world.

LET YOUR  
LIGHT  
SHINE

