



The "Look" of Success

Grade-5

Lesson

2

Lesson Objectives – Students identify at least two successful people whose bodies are outside the “normal” range and describe at least two admirable qualities of these people.

| | Time | Page |
|---|----------------|------|
| Prepare Students | 5 min. | 100 |
| Attention Grabber | 5 min. | 100 |
| Explain/Demonstrate/Practice Celebrity Profiles. | 10 min. | 101 |
| Review | 5 min. | 102 |
| Total Time | 25 min. | |

Equipment & Materials

- ✓ Pictures and profiles of Cheryl Haworth and Danny DeVito in Appendix 5-2, pp. 103-104.

Teacher Preparation

Prior to the start of this lesson:

- ✓ Make one copy for each student of the profiles.

Additional Preparation

This lesson may generate discussion that reveals a risk of eating disorders among students. Before presenting the lesson, verify procedures for referring a student for evaluation and intervention.

This lesson addresses the following content standards:

| Michigan Standards | | National Standards | |
|---------------------------|-------------------------|---------------------------|-------------------------|
| <i>Physical Education</i> | <i>Health Education</i> | <i>Physical Education</i> | <i>Health Education</i> |
| None | None | Standard #6 | None |

This lesson relates to Michigan Model for Comprehensive School Health Education:

This lesson is related to Michigan Model Health Education Kindergarten Lessons 1-4: We Are Alike and Different.

Key Message & Background Information for Teachers**Key Messages:**

I appreciate my own personal strengths and treat myself with respect.

Background Information:

The media constantly bombards all of us with images of people. These images influence children with messages about how they “should” look. These images are not realistic.

Role models portrayed as “normal” in the media have bodies that are biologically unattainable for the vast majority of people. Students often feel they should strive to look like these unrealistic examples of human form and students often feel inadequate and self-conscious because they do not.

It is important for adults, especially teachers, to help children realize that what they see in the media is not what they should expect of themselves.

This lesson challenges students to do something that is difficult for everyone in our culture: accept ourselves as we are, and do the very best we can with what we have.

Prepare Students**5 min.**

Gather students together in a group seated on the floor.

Introduce the lesson:

- Today we are going to talk about people who look different from most of us and who have become very successful because they believe in themselves.

Attention Grabber**5 min.**

Ask students to raise their hands if they know any people who:

- Don't like to participate in some activities because they feel bad about their body. (Tell students not to mention any names.)

Ask the students to give some examples of activities that people sometimes avoid when they feel bad about their bodies. Possible responses might include not going swimming because they don't feel comfortable in a bathing suit.

Tell students what they are going to do:

- Today we're going to spend a few minutes learning about two people who have bodies outside the average range but don't let the size or shape of their bodies limit them at all.

Celebrity Profiles

10 min.

Explain/Demonstrate

Practice

Tell students:

- I'm going to give you a brief description of two people. Then I want you to tell me what you might guess about those people.
- The first person is a teenage girl. She is 5'8" and weighs almost 300 lbs.

Ask students:

- How do you think this person might feel about her body?
- Are there any activities you think she might not feel comfortable doing?

Teacher tip: As the students respond, accept all answers. If the students don't mention athletics, ask if they think she might be a good athlete.

Tell students:

- The second person is an adult man. He is under 5' tall, he's plump and he's bald.

Ask students:

- How do you think this person might feel about his body?
- Are there any activities you think he might not feel comfortable doing?

Teacher tip: As the students respond, accept all answers. If the students don't mention it, ask if they think he would be comfortable performing in front of people.

Hand out the profiles of Cheryl Haworth and Danny DeVito. Have the students take turns reading them aloud.

Teacher tip: You may choose to break the class into groups of 4 or 5 and assign one of the profiles to each group to read and begin discussion OR give them 3 minutes or so to read each of the profiles individually.

Use the following questions to generate discussion:

- Do you sometimes wish something about your own body were different?
- Do you think Cheryl or Danny ever did?
- If they did, did their wish make a difference in the way they looked?
- What happened when they made the decision to accept their bodies the way they were?
- What qualities do you admire in Cheryl and Danny?
- How do you think Cheryl and Danny feel about their bodies?
- How do you think other people treat Cheryl and Danny?

Teacher tip: Mention that both Danny and Cheryl were probably teased at some point in their lives. Self-confidence can have a major impact on how other people treat you. When you learn to appreciate your strength and treat yourself with respect, other people may also treat you with respect.

Review**5 min.**

Ask students if they know people whose bodies are not within the normal range and who they admire. Have students describe these people and explain what they admire about them.

Remind students:

- When people respect themselves, other people are more likely to respect them.
- Cheryl would never have been a successful weightlifter if she had spent all her time wishing she had a smaller body.
- Danny would never have been a successful actor if he spent his time wishing he was taller and thinner.
- We all need to accept ourselves as we are, even if that is sometimes hard to do. When we learn to appreciate our strengths, and develop self-confidence, it is much easier to reach our goals.



Profile of Cheryl Haworth

At five-feet-eight-inches, and 290 pounds, weightlifter Cheryl Haworth is absolutely happy the way she is. She was born on April 19, 1983, in Savannah, Georgia. At the age of 17, Cheryl was the first woman to ever compete in weightlifting at the Olympics. She won a bronze medal at the Sydney Olympics in 2001. It takes hard work to be the strongest woman in the country, and Cheryl enjoys practice. Sometimes she lifts a total of 25 tons in one workout session! Indeed, she can run the 40-yard dash in 5.5 seconds, and do full leg splits and 30-inch vertical jumps—proving that athleticism comes in all shapes and sizes.

At her size, Cheryl is used to being noticed. In fact, she is confident about herself and knows what she wants to do. “You shouldn’t worry too much about the way that you look. What’s more important is the way that you feel and how you act toward others. Find out what you’re good at, and concentrate on it. Give it 100 percent. Whatever it is, you can do it!” Cheryl said.



Profile of Danny DeVito

What do you think a successful actor looks like? Tall? Muscular? Many of today’s successful actors do look like this.

But if you work hard and respect yourself, you can find success—no matter what size you are. Danny DeVito is short, plump, and bald. He is also one of the most successful actors in the business. Born in 1944 in New Jersey, DeVito had a Catholic school upbringing and started his career working in his sister’s beauty parlor. He went to New York’s American Academy of Dramatic Arts to learn more about makeup! While he was there he found out that he loved to act.

Danny got his first big part in a movie in 1968. He didn’t get any big roles for years after that, but he didn’t give up. Danny says, “I love the cinema, I like acting very much and directing. It’s exciting for me to act . . . I really enjoy doing it.” So he didn’t give up. In 1975 he got another big part in the movie “One Flew Over The Cuckoo’s Nest,” and a big part in a television show after that. Since then, Danny has starred in some of the most popular movies ever.

Pretty good for a short, plump, bald guy!