



Little Voice Sample Lesson Plan

Subject	Book Discussion
Book	Little Voice by Amanda Bernardo
Year Group or Grade Level	Grades 1 to 3
Main Topic or Unit	Reinforcing self-confidence, perseverance, creativity, and pride in one's unique voice.
Subtopics or Key Concepts	Growth mindset, resilience, discovering one's inner voice

Learning Objectives (linked to lesson plan)

1) Students will identify what an inner voice is and begin to recognize how it influences their thoughts and actions.

4) Students will build emotional resilience by practicing strategies to overcome fear and self-doubt.

2) Students will reflect on their unique qualities and begin to develop a positive self-image.

5) Students will articulate and celebrate their personal growth and inner voice through creative expression.

3) Students will understand that mistakes are part of learning and use positive language when facing challenges.

6) Students will use creative arts (drawing, writing, role-play, or movement) to express their inner voice and personal growth.

Lesson Outline (Six day plan)

Day	Focus (linked to learning objectives)	Activity
One	1) Listening to your inner voice	<p>Read Aloud + Discussion: Read <i>Little Voice</i>. Talk about what the “little voice” means and how it helps us.</p> <p>Sample questions:</p> <ul style="list-style-type: none"> • Have you ever heard a little voice inside you? What did it say? • What does your inner voice say when you’re nervous or scared? • Can you think of a time you wanted to try something new but were unsure? What helped you do it? • What makes you feel proud of yourself? • How can we help our little voice be kind and encouraging? • If your little voice had a superpower, what would it be?
Two	2) Finding your strengths	<p>Self-Portrait Activity: Draw yourself and your little voice (mini version of self or something entirely imaginative). Write (or dictate) three things you’re proud of when sharing your self-portrait with the class.</p> <p>Examples:</p> <ul style="list-style-type: none"> • “I am proud that I am kind to others.” • “I am proud that I keep trying even when something is hard.” • “I am proud that I am creative and think of new ideas.”
Three	3) Growth mindset: Learning from mistakes	<p>Create a Growth Poster: Lead a group discussion where children share times mistakes helped them learn. Together, create a class poster that lists these examples and features a bold “Try Again” mantra. To come up with the mantra, invite the class to brainstorm encouraging phrases, then pick one everyone likes.</p>

		Each student will design a post-it note with their own example or personal mantra to add to the poster, making it a colourful, collaborative reminder to keep trying.
Four	4) Resilience and courage	Courage Practice: Children take turns acting out simple, real-life challenges they might face—like trying something new, asking for help, or speaking up. After each role-play, they practice saying what their “little voice” would tell them to stay brave and keep going. This helps build confidence and shows how positive self-talk can support them in tough moments.
Five	5) Celebrating personal growth	Write a Poem: Invite children to create a short poem starting with the prompt, “My little voice says...” Encourage them to use positive affirmations—kind and encouraging words their inner voice might say, like “You can do it,” or “Keep trying.” Afterwards, each student can share their poem aloud with the class to celebrate their inner voices together. Don’t forget to teach your students to snap their fingers to show praise and support—it’s a fun, positive way to encourage one another!
Six	6) Expressing your inner voice creatively	Art Showcase: Invite students to express their inner voice through drawing. Encourage them to use colours, shapes, and images that represent their feelings, strengths, and unique qualities. At the end of the class, hold a sharing session where students proudly display and talk about their artwork, celebrating their creativity and personal growth.

Assessment

Teachers can assess these six activities by observing students' participation, engagement, and ability to articulate their thoughts during discussions and creative tasks. They can look for evidence of understanding growth mindset concepts, self-awareness of personal strengths, and the use of positive self-talk. Assessments can be informal, based on students' contributions to group work, the creativity and effort shown in their drawings, poems, and posters, as well as their confidence during sharing sessions. This holistic approach helps capture both cognitive and emotional growth aligned with *Little Voice*'s themes.

Materials Needed

- Book:** *Little Voice* (available at www.amandabernardo.ca)
- Large poster board or chart paper** (for growth poster and mantra)
- Sticky notes or small pieces of paper** (for student contributions to growth poster)
- Markers, crayons, coloured pencils, or paints** (for drawing, decorating posters, poems, and art showcase)
- Paper or notebooks** (for poem writing and drawing activities)
- Scissors and glue sticks** (optional, for collage or decorating posters)
- Space for role-play** (clear area in classroom for courage practice)
- Display space** (wall or bulletin board to showcase posters, poems, and artwork)

Notes

Little Voice is also available in French. This lesson plan can easily be adapted and used with the French version of the book to support bilingual classrooms or French-language learners.