

# Let Someone Shine - Humility

## EXPLANATION:

If you are humble, you think of others and empathize with their circumstances. This task asks students to help someone shine by recognizing their achievements, efforts, and skills. Demonstrate your happiness for someone else and celebrate!

**GRADE LEVELS:** 7–10

**STUDENT GROUPING:** Whole group and individual actions

**ACTIVITY LENGTH:** Week-long activity

## CASEL CORE COMPETENCY: *SOCIAL AWARENESS*

- Taking others' perspectives
- Recognizing strengths in others
- Showing concern for the feelings of others
- You can learn more about the CASEL framework [here](#)

## SCOPE OF TASK:

Respectfulness, kindness, generosity, compassion, patience, and care are qualities of humility. Humble people will recognize others' efforts and achievements—sometimes instead of highlighting their own.

1. To activate students' prior knowledge, ask about humility. Questions could include:

- What does humility or being humble mean?
- Can you think of other words that are associated with humility? (Allow students to search Internet dictionaries/thesauruses if needed.)
- Why is humility important?
- What do humble people do?

2. Ask the students to find a quote that they think represents humility. Quotes can be found through searching the Internet. Allow 10 minutes for the students to find a quote and return to the group to share their findings.

3. Assign the students a homework challenge for the week.

Discuss the background of the challenge: it is important for our self-esteem to be recognized and praised for our achievements and efforts. Therefore, this task requires you to let someone else shine by recognizing something that they have done. This may also require you to be willing to go unnoticed for your achievements in order to recognize someone else.

Some examples that might help students conceptualize the task include:

- Not having the last word in an argument
- Allowing someone to tell their story when you really have something you want to share
- Cleaning the kitchen and not expecting to be praised
- Listening instead of talking
- Admiring someone else's effort when it normally goes unnoticed

**Remind students:** This task is not asking them to “dim their own lights” BUT to recognize others and be humble about their own achievements. It is about being genuinely happy for someone else, celebrating someone else's journey and accomplishments.



4. The task involves action, reflection, and preparation of a report. Choose someone to “let shine” and answer the following questions:
- Who is the person? (Students can provide a name, a description of the person, or just identify the person as “anonymous.”)
  - Discuss why you chose this person.
  - What action did you take to “let someone shine”?
  - How do you think they felt when you acknowledged them or did something for them?
  - How did you feel doing something for someone and not being acknowledged?
  - What are other ways that you can show humility?
5. At the end of the challenge, ask students to share their challenge outcomes and their actions. Use probing questions to discover how the students felt about being humble.

### RESOURCES:

- Computers with Internet access