



Little Supreme Lesson #1  
I AM  
A Minds Are Stellar Initiative:  
Creative Lesson Planning

The following Minds Are Stellar Creative Lesson #1 Plan entitled "I Am" was used as a part of the Little Supreme program. I used this Lesson one day to educate my daughter on the importance of self-knowledge, self-awareness, self-identification and self-love through her unique name "Mecca". For those of you who are unaware, Mecca is the holiest city in the Middle East and the place of pilgrimage to Muslims around the world. Through this lesson entitled "I AM", I used the incredibly beautiful and well-recognized symbol of the crown inspired by the technique & work of Jean Michel Basquiat. I did this to purpose my daughter's "inner artist" and allow her to create affirmations that connect her to her being. She would say an affirmation beginning with "I AM", we would write the letters I and then A-M on a piece of paper of her choice and then draw a picture (or cut out pictures) to match that affirmation.

Materials Needed for Little Supreme Lesson #1 "I AM":

Computer or IPAD with a Wi-Fi Connection for Video and Audio Links

Construction Paper

Scissors

Glue

Magnetic Letters

A Black or Brown Marker (For Basquiat Crown)

Child-friendly magazines or picturesque books for affirmation pictures

A chart to hang in your Little Supreme 's learning space that asks and indicates what your child remembers about the lesson. You can title it: What did I learn? and decorate it with bright colors and symbols.

"I AM" Series

Welcome Mecca - Today you will learn how special you are!

Activity #1

"I Am" Mecca  
My name means: Holy Place

Let's recognize the beautiful letters in your name (which are a part of the alphabet)

M-E-C-C-A

We will repeat the letters contained in M-E-C-C-A and emphasize the phonetic spelling of her name.

Activity #2

We will use magnetic letters to pick out the letters M-E-C-C-A and place them in a place around the house Mecca visits often (i.e. the refrigerator or her easel)

Activity #3

We will learn through His-Story/Her Storytime Reading that the day M-E-C-C-A begins (or is born) is a very special day. Everyone is uniquely made and through an audiobook entitled "The Day You Begin" written by Jacqueline Woodson and illustrated by Rafael Lopez, we will learn what it means to embrace the unique qualities about yourself and what it takes to introduce them to them to the world. Link to Audiobook: "The Day You Begin": <https://youtu.be/oM3DesXftrQ>

Activity #4

There are several ways to spell Mecca which is a name that derives from the Arabic language. It is also spelled M-A-K-K-A-H. Mecca also spelled Makkah is a city. What is it like? Let's learn about the City of Mecca with Kazwa. Link to Video About the City of Mecca or Makkah: <https://youtu.be/KBgPYctfXJE>

Activity #5

What are some principles about the derivation of your name? How do they connect to the Muslim religion? Here are some lessons that will connect Y-O-U, M-E-C-C-A, to Islam introduced by Zaky. Link to Video: <https://youtu.be/xHLvPniFybK>

Activity #6

Let's learn about how Islam is connected to Black and Brown Culture. There are two Nations influenced by Islam: the Nation of Islam and the Five Percent Nation. You, M-E-C-C-A, were born into the Nation of Islam religion which has its own uniqueness. Before we learn about the Nation of Islam's leadership, let's learn about the leadership of the Five-Percent Nation that started in Mommy's hometown of New York City (Harlem). Saladin Allah will explain Black Mecca: <https://youtu.be/MVEeacP6jIA>

Activity #7

M-E-C-C-A, we have learned about the uniqueness of your name, how it can be connected to black and brown culture and how it connects to the Islam religion. Christianity, Buddhism and Judaism all have very symbolic leaders associated with its foundational beliefs. In the Nation of Islam, our significant and symbolic leaders are the God in person, Master W. F. Muhammad, the Messenger Elijah Muhammad and Minister Louis Farrakhan and we believe in Knowledge of Self. We will learn about our leadership here: <https://www.youtube.com/watch?v=Q2NiYIYInHo>

Let's see how important it is to know who M-E-C-C-A is through Knowledge of Self and how it helps us learn how special we are as black and brown Little Supreme: <https://youtu.be/1htwClZUIzs>

#### Activity #8

My Dearest Mecca, you are a female. A young, beautiful brown star, a girl with a unique name and personality. You have a unique face, a unique skin tone, a unique set of eyes, a unique nose and a unique mouth. You also have unique emotions. Let's listen to the story written by Susan Verde and illustrated by Peter H. Reynolds entitled: "I AM a Human". Click Here:

<https://youtu.be/XoRxO3HGobM>

#### Activity #9

M-E-C-C-A, at school you meet people who are unique too. We exist in a world with people that are all different shades of beautiful and in a world filled with many different cultures and with people who speak different languages. We must always represent who we are with peace, respect and kindness. What does it mean to be treated with respect? (Give people space) Let's

learn about R-E-S-P-E-C-T

[https://youtu.be/1g4b\\_rIGBL8](https://youtu.be/1g4b_rIGBL8)

<https://youtu.be/k-6ws8LZECU>

<https://www.youtube.com/watch?v=GOzrAK4gOSo>

What does it mean to be kind? (Say please and thank you) Let's listen to Akili's story about using kind words:

<https://m.youtube.com/watch?v=naNXs2Xw8FY>

What does it mean to hold a peaceful space in your mind, heart and body? Let's listen to a second story by Susan Verde, illustrated by Peter H. Reynolds entitled "I AM Peace" here: <https://www.youtube.com/watch?v=vnR5HDfR3JI>

#### Activity #10

Before we end our "I AM" Creative Lesson #1 M-E-C-C-A with MMM: Mindfulness, Meditation and Music, I want you to embrace your inner artist by remembering all the things we have learned today about how special Y-O-U are, M-E-C-C-A. We will draw the letters "I" and then "A" and "M" (Parents/Teachers, please utilize this time to be your Little Supreme's Guide if they cannot write the letters themselves) on your favorite color of construction paper, Mecca. After we mark those letters on our construction paper, we will find symbols, pictures and/or draw representations of who Mecca is (i.e. a star or a sun to represent her bright spirit). You can include as many symbols, pictures and representations by drawing as you choose. When you are finished drawing, we will conclude our I AM Affirmation piece by painting a crown in the middle, on top or in the background of the I AM Affirmation art piece.

End Lesson with Meditative Video by Moovlee

<https://youtu.be/YYRLI3t7qoY>

Parents and Teachers: While your Little Supreme is watching the Meditative Video, you can begin prepping your "What Did I Learn" chart for utilization/discussion.