I AM™

The Animated Series

EDUCATOR'S GUIDE
& Student Activities

Building Confidence, Kindness & Courage

A YEAR-ROUND LEARNING RESOURCE FOR PRE-K–3RD GRADE

Short videos.
Meaningful conversations.
Real-world activities.



Small Stories. Big Lessons.

EPISODE 1
I AM WORTHY
Kindness, inclusion and recognizing exclusion.

EPISODE 2
I AM BRAVE
Finding the courage to speak up and ask for help.

EPISODE 3
I AM ME
Celebrating individuality, self-love and staying true to yourself.

DISCUSSION QUESTIONS
Spark meaningful conversations.

CLASSROOM ACTIVITIES
Ready-to-use lessons and ideas.

STUDENT WORKSHEETS
Printable resources for all grade levels.

FAMILY CONNECTIONS
Take-home activities to extend the learning.

TEACHER TIPS
Practical strategies and additional resources.

REAL STORIES. REAL LESSONS. A BRIGHTER TOMORROW.

WELCOME, EDUCATORS!

Thank you for bringing I AM: The Animated Series into your classroom, school or learning community.

A Year-Round Learning Resource for Pre-K – 3rd Grade



> "I created I AM to help every child know they are important, they have a voice, and they can make a difference."
>
> — Jahkil Jackson

THREE POWERFUL MESSAGES

I AM WORTHY.
I am important, I belong, and I am loved.

I AM BRAVE.
I can speak up, ask for help, and make good choices.

I AM ME.
I can be proud of who I am and celebrate what makes me unique.

HOW TO USE THIS GUIDE

Each episode includes simple, ready-to-use resources to spark meaningful conversations and real-world learning.

WATCH	TALK	PRACTICE	EXTEND	CONNECT
A short episode (about 2 minutes)	Use discussion questions	Complete classroom activities	Use printable worksheets	Share take-home activities with families

REAL STORIES. REAL LESSONS. A BRIGHTER TOMORROW.

MEET THE CREATOR
JAHKIL JACKSON

Author. Youth Advocate. Changemaker.

LEARN MORE AT Jahkil.com



> "I've always believed that every child has a voice, a purpose, and the power to make a difference."
> — Jahkil Jackson

A Young Leader with a Big Purpose

Jahkil Jackson's journey as a changemaker began at just **five years old**, when he first started serving his community. By age eight, he founded Project I Am, a nonprofit dedicated to helping those in need and inspiring young people to make al difference.

Now 19, Jahkil is a proud **Chicago Public Schools graduate**, a **three-time bestselling author**, and an **internationally recognized youth advocate**. His work in community service and advocacy has earned him recognition from President Barack Obama, CNN, and Marvel while he was still growing up.

Since 2021, Jahkil has **taught social entrepreneurship to middle school students**, encouraging them to discover their strengths, develop leadership skills, and use their ideas to create positive change.

One of his most personal projects began with his own experiences of being bullied. Nearly seven years ago, he wrote his children's book **I AM** to help other children build confidence, recognize their worth, and understand that someone else's words do not define them.

Today, through **I AM: The Animated Series**, Jahkil is bringing that message to a new generation—using storytelling to encourage kindness, courage, inclusion, and self-worth.

JAHKIL'S JOURNEY

It started with a heart to help.
And it's just the beginning.

AGE 5
Began serving his community.

→

AGE 8
Founded Project I Am.

→

2021
Began teaching social entrepreneurship to middle school students.

→

TODAY
Created **I AM:** The Animated Series to reach even more children.

HIS MESSAGE TO YOUNG PEOPLE:

"Don't Wait to Be Great."

REAL STORIES. REAL LESSONS. A BRIGHTER TOMORROW.

LET'S GET STARTED!

BRING I AM TO YOUR CLASSROOM

Simple Steps. Meaningful Conversations. A Brighter Tomorrow.



Each episode of I AM: The Animated Series is designed to fit easily into your classroom, homeroom, or youth program. In just **15–20 minutes**, you can spark meaningful conversations, build important life skills, and help students see the power in who they are.

FOUR EASY STEPS

A complete I AM lesson can be done in **15–20 minutes!**

1 WATCH

Play a short episode (about 2 minutes).

2 MINUTES

2 TALK

Use the discussion questions to explore what happened, how the characters felt, and what your students would do.

5 MINUTES

3 PRACTICE

Try a partner activity, movement game, or classroom challenge to reinforce the lesson.

5–10 MINUTES

4 REFLECT

Complete an I AM statement, drawing, or short written response.

3 MINUTES

FLEXIBLE FOR YOUR NEEDS

The I AM lessons are designed for upper elementary and middle school students, with easy adaptations for different ages and settings.

CLASSROOM
Morning meetings, SEL lessons, or character education.

AFTERSCHOOL
Clubs, mentoring programs, or enrichment activities.

AT HOME
Family conversations and take-home activities.

TIPS FOR SUCCESS

- Create a safe and respectful space for discussion.
- Encourage all students to share their thoughts.
- Use the provided discussion questions and activities.
- Connect the lesson to real-life situations.
- Celebrate different perspectives and experiences.
- Reinforce the key message: **We are all worthy, brave and enough.**

REAL STORIES. REAL LESSONS. A BRIGHTER TOMORROW.

I AM
THE ANIMATED SERIES.

EPISODE 1
I AM WORTHY

Everyone Belongs. Everyone Matters.



EPISODE OVERVIEW

In **I AM WORTHY**, Jahkil and his friends experience a situation where someone feels left out. Through honest conversation and support from their community, they learn that everyone deserves to feel included, valued, and respected — just as they are.

LEARNING OBJECTIVES

Students will:

- Recognize the importance of inclusion and belonging
- Identify kind and unkind behaviors
- Practice ways to support others
- Build confidence in their own unique strengths

KEY VOCABULARY

Inclusion	Making sure everyone feels welcome.
Kindness	Showing care and respect for others.
Respect	Valuing yourself and others.
Belonging	Feeling accepted for who you are.

DISCUSSION QUESTIONS

1. How did the character feel when they were left out?
2. What clues showed how they were feeling?
3. What's the difference between being unkind and making a mistake?
4. What could you do if you saw someone being excluded?
5. What makes you feel included and valued?
6. How can we help everyone in our class feel like they belong?

TRY THIS! ACTIVITIES

MOVEMENT ACTIVITY

All Belong Together

Students move around the room and find a group. When the music stops, they invite someone new to join their group. Repeat a few times and talk about how it felt to include others.

SEATED ACTIVITY

Kindness Cards

Give students small slips of paper to draw or write one kind thing they can do to help someone feel included. Students can share with a partner or the class.

REFLECTION

Complete the sentence:

I am worthy because...

_____

LEARNING STANDARDS CONNECTIONS

This lesson supports widely used early learning standards, including:

- **Social-Emotional Learning (SEL)** — Self-awareness, relationship skills, responsible decision-making
- **Character Education** — Kindness, respect, and inclusion
- **Speaking & Listening** — Expressing thoughts and feelings
- **Early Literacy** — Understanding and discussing stories
- **Civics & Community** — Building a caring and inclusive classroom community

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I AM™
THE ANIMATED SERIES.

EPISODE 1

I AM WORTHY

STUDENT ACTIVITY SHEET



Everyone belongs. Everyone matters.

DRAW IT!

Draw a picture of yourself doing something you are proud of or that makes you feel good about who you are.

I AM...

Check (✓) the words that are true about you. You can check more than one!

- ☐ Kind
- ☐ Important
- ☐ Brave
- ☐ Smart
- ☐ Caring
- ☐ Unique
- ☐ Creative
- ☐ Enough
- ☐ Helpful
- ☐ Loved

COMPLETE THE SENTENCE.

I am worthy because...

_____

_____

_____

_____

A KINDNESS ACTION.

One way I can help make others feel included, valued and respected is...

_____

_____

_____

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EPISODE 2

I AM BRAVE

EDUCATOR'S GUIDE
Discussion & Activities

Finding the Courage to Speak Up and Ask for Help.



EPISODE OVERVIEW

In **I AM BRAVE,** Jahkil and his friends face a situation where it takes courage to speak up and ask for help. Through honest conversation and support from their community, they learn that bravery isn't about being fearless — it's about doing the right thing, even when it feels hard. Speaking up can make a difference for yourself and for others.

LEARNING OBJECTIVES

Students will:

- Identify what bravery looks and feels like.
- Recognize that it's okay to ask for help.
- Practice speaking up in safe and respectful ways.
- Build confidence to make good choices, even when it's hard.

KEY VOCABULARY

Brave	Doing the right thing even when it feels hard.
Courage	The strength to try, speak up, or ask for help.
Speak Up	Using your voice to share your thoughts or feelings.
Help	Support from others when you need it.
Choice	A decision you make about what to do.

DISCUSSION QUESTIONS

1. What does it mean to be brave?
2. How did the character show bravery in this episode?
3. Why can it feel hard to speak up or ask for help?
4. What can you do if you see a friend who needs help?
5. How does it feel when someone listens to you?
6. What are some brave choices you can make at school, at home, or in your community?

TRY THIS! ACTIVITIES

MOVEMENT ACTIVITY

Courage Circle

Students stand in a circle. The teacher says a brave action (e.g., "ask for help," "speak up," "try something new"). Students step into the circle if they have done it or want to try it. Celebrate everyone's courage!

SEATED ACTIVITY

Bravery Scenarios

Give students simple scenarios (e.g., you see someone sitting alone, you need help with homework, you see something wrong). Ask students to draw or write what a brave choice would be.

REFLECTION

Complete the sentence:

I am brave when...

_____

LEARNING STANDARDS CONNECTIONS

This lesson supports widely used early learning standards, including:

- Social-Emotional Learning (SEL) — Self-awareness, self-management, relationship skills, responsible decision-making
- Character Education — Courage, resilience, and making positive choices
- Speaking & Listening — Expressing thoughts and feelings
- Reading Comprehension — Understanding and discussing stories
- Civics & Community — Helping others and being a responsible community member
- Personal & Social Development — Building confidence and independence

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THE ANIMATED SERIES.

EPISODE 2
I AM BRAVE

STUDENT ACTIVITY SHEET

Finding the Courage to Speak Up and Ask for Help.



1 DRAW IT!

Draw a picture of a time you were brave. It could be something big or small, like trying something new, speaking up, or asking for help.

2 CHOOSE BRAVERY!

Check (✓) the brave choices you can make. You can check more than one!

- ☐ Speak up when something doesn't feel right.
- ☐ Ask for help when I need it.
- ☐ Include someone who feels left out.
- ☐ Try something new, even if it feels hard.
- ☐ Make a good choice, even when it's not easy.
- ☐ Encourage others to be brave.

3 BRAVERY WORDS

Circle the words that describe brave people. You can circle more than one!

kind	brave	patient
honest	strong	caring
helpful	confident	creative
respectful	speak up	generous
try again	hardworking	include

4 HOW DO YOU FEEL?

Think about a time when it was hard to be brave. Color the feeling, then tell what helped you feel better.

- Nervous
- Unsure
- Scared
- Proud
- Brave

What helped me be brave?

_____

_____

_____

_____

_____

_____

REAL STORIES. REAL LESSONS. A BRIGHTER TOMORROW.

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EPISODE 3

I AM ME

EDUCATOR'S GUIDE

Discussion & Activities

Celebrating Individuality, Self-Love and Staying True to Yourself.



EPISODE OVERVIEW

In **I AM ME**, Jahkil and his friends learn that everyone is unique, and that's something to celebrate! Through honest conversations and real-life examples, they discover that being yourself builds confidence, helps you make positive choices, and creates a stronger, kinder community where everyone belongs.

LEARNING OBJECTIVES

Students will:

- Recognize and celebrate what makes them unique.
- Build self-confidence and self-love.
- Show respect and appreciation for others' differences.
- Understand that everyone has strengths and can make a positive difference.

KEY VOCABULARY

Unique	One of a kind; special in your own way.
Individuality	What makes you different from others.
Self-Love	Caring about and respecting yourself.
Respect	Valuing others and their differences.
Belonging	Feeling accepted, included and valued.
Confidence	Believing in yourself and your abilities.

DISCUSSION QUESTIONS

1. What does it mean to be yourself?
2. How is everyone different? How are we the same?
3. Why is it important to respect others' differences?
4. What are some of your unique strengths or interests?
5. How can we make sure everyone feels like they belong?
6. What can you do when someone feels left out because they are different?

TRY THIS! ACTIVITIES

MOVEMENT ACTIVITY

Be You! Group Freeze

Play upbeat music. Call out different actions that show individuality (e.g., "show your favorite hobby," "move like something you love," "show your unique style"). Students move freely. When the music stops, they freeze and show their action. Celebrate everyone's creativity!

SEATED ACTIVITY

All About Me Collage

Provide paper, crayons, markers, and magazines (optional). Have students create a collage or drawing that shows what makes them unique (e.g., interests, family, culture, talents, things they love). Invite volunteers to share and explain their collage with the class.

REFLECTION

Complete the sentence:

I am me because...

_____

_____

LEARNING STANDARDS CONNECTIONS

This lesson supports widely used early learning standards, including:

- Social-Emotional Learning (SEL) — Self-awareness, self-confidence, respect for others, and belonging.
- Character Education — Individuality, respect, kindness, and inclusion.
- Speaking & Listening — Expressing thoughts, ideas, and personal experiences.
- Reading Comprehension — Understanding and discussing stories.
- Civics & Community — Valuing diversity and creating an inclusive community.
- Personal & Social Development — Building a positive self-identity and confidence.

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EPISODE 3
I AM ME

STUDENT ACTIVITY SHEET

Different Looks. Different Ideas. A Brighter World!



Different Looks. Different Ideas. A Brighter World!

1 DRAW IT!

Draw a picture of something that makes you unique! It could be a hobby, a talent, something you love, your family, your culture, or anything that makes you YOU!

2 ALL ABOUT ME

Write or draw to complete the sentences.

- Something I am really good at is... _____
- Something I love to do is... _____
- One thing that makes me unique is... _____
- I am proud of my culture because... _____

3 CELEBRATE DIFFERENCES

Check (✓) the statements that are kind and respectful.

- ☐ Everyone has different talents and interests.
- ☐ It's okay if someone likes different things than me.
- ☐ We all have different families and that's okay.
- ☐ I can learn from people who are different than me.
- ☐ Being different makes our school and community stronger.
- ☐ Everyone should look, think, and like the same things.

4 KINDNESS ACTION

Think of one way you can help make others feel included and valued for who they are. Write or draw what you could do.

IAM™ THE ANIMATED SERIES.

BRINGING IT ALL TOGETHER

A CELEBRATION OF YOU!

Kindness. Courage. Being Yourself.
Stronger Together!



1 OUR CLASS I AM COLLAGE

Work together to create a class collage that shows what you have learned from Episode 1 (I Am Worthy), Episode 2 (I Am Brave), and Episode 3 (I Am Me).

You can include:

- ☐ Words that describe everyone in your class
- ☐ Drawings or cut-out pictures
- ☐ Messages about kindness, courage, and individuality
- ☐ Ways you can make your class a place where everyone belongs

2 MOVEMENT ACTIVITY: I AM... WE ARE!

Play music and move around the room. When the music stops, your teacher will call out a statement. Find a partner or group and do the matching action together!

When you hear...	Show it with your body!
I am worthy.	Give a big thumbs up!
I am brave.	Strike a superhero pose!
I am me.	Show your unique style (e.g., a dance move, a wave, or a pose that shows what makes you, YOU!)
We are kind.	Give a high five to a classmate!
We all belong.	Join hands or make a big circle!

3 REFLECTION: WHAT I LEARNED

Think about all three episodes. Complete the sentences and draw a picture.

I am worthy because... _____

I am brave when... _____

I am me because... _____

One new thing I will do to make our class, school, or community kinder, braver and more inclusive is...

_____

_____

_____

4 LET'S TALK!

Share with a partner or small group. Use the questions below to guide your conversation.

1. Which episode did you connect with the most? Why?
2. What is one thing you learned about yourself?
3. How can you show kindness, courage and inclusion at school?
4. What can we do together to make sure everyone feels like they belong?
5. How will you continue to be the best version of yourself?

REAL STORIES. REAL LESSONS. A BRIGHTER TOMORROW.

I AM™
THE ANIMATED SERIES.

FAMILY CONNECTIONS + ADDITIONAL RESOURCES

KEEP THE CONVERSATION GOING!

Small conversations.
Big confidence.
A brighter tomorrow.



TAKE-HOME IDEAS

Keep building the **I AM** lessons at home!

Talk Together
Ask your child what they learned from each episode and how they can use it in everyday life.

Notice and Celebrate
Point out examples of kindness, courage, and individuality in your home, school, and community.

Practice at Home
Try the movement activities or create your own family moments to be kind, brave, and inclusive.

Be a Role Model
Share your own experiences and show how you handle challenges with kindness and confidence.

EXPLORE MORE AT JAHKIL.COM

Visit **Jahkil.com** for free resources, including:

- Printable activity sheets for each episode
- Discussion guides for families
- Inspiration for creating kinder, more inclusive spaces
- Updates on new episodes and resources
- Tools to support social-emotional learning at home and school

JAHKIL.COM

WATCH THE EPISODES

Revisit the **I AM** Animated Series anytime!



EPISODE 1
I AM WORTHY
Discover the power of self-worth and what makes you special.



EPISODE 2
I AM BRAVE
Learn that courage grows when you try and keep going.



EPISODE 3
I AM ME
Celebrate individuality, self-love, and the beauty of our differences.

BRING I AM TO YOUR CLASSROOM!

Go beyond the screen! Inspire kinder, more confident kids.

I AM BOOKS
Bring the story to life in your classroom or school library.



SCHOOL VISITS
Invite Jahkil for a virtual or in-person visit to inspire your students.

CLASSROOM RESOURCES
Free guides and activity sheets to support learning.

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