

Helping Moms Help Their Families

Students will learn how Haitian women in the CLM program help their families through learning new skills and building small businesses. They will explore what it means to be strong, brave, and a leader in their community.

Materials Needed:

- Illustrated story or teacher-read narrative of a Haitian mother in the CLM program (simple language)
 - Large paper or whiteboard
 - Drawing materials (paper, crayons/markers)
 - “Empowerment Words” cards (brave, helper, smart, strong, leader, learner, etc.)
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Day 1 - Lesson Plan (45 min)

1. Storytime: A Strong Haitian Mother (10 min)

Read aloud a short illustrated or simplified story based on a real or composite woman in the CLM program. Emphasize:

- What challenge she had (e.g., money, food, home)
- What help she got (e.g., learning to raise animals or sell food)
- How she helped her children and neighbors

Ask:

- What do you think made her strong?
 - How do you think she felt when her business started helping her family?
 - In what ways was she able to help her family?
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2. Class Discussion: What Is Empowerment? (10 min)

On the board, write the word **empowerment**. Ask:

- What do you think that word means?
- What are ways people can be helpers in their families or neighborhoods?

Use “Empowerment Words” cards to guide the conversation. Let students pick a word that describes the woman from the story.

3. Art Activity: Picture of a Helper (15 min)

Students draw a picture of someone being empowered (e.g., the Haitian mother, their own mom, teacher, or themselves helping others). Under the picture, they write one sentence using an empowerment word (e.g., “She is a strong helper because she helps her family.”)

4. Share Circle (5 min)

Invite 3–5 students to share their drawing and explain their empowerment word.

5. Closing Reflection (5 min)

Ask: “How can *you* be a helper like the mom in the story?”

Students write or draw one small way they can help their family or friends this week.

Everyone Can Be a Leader

Objective:

Students will understand that leadership and strength come in many forms. They will create a class “Empowerment Quilt” showing how people—especially women—can be leaders in their families and communities.

Materials Needed:

- Poster board or large chart paper (“Empowerment Quilt” base)
- Pre-cut paper squares (for quilt patches)
- Glue sticks
- Markers, crayons
- Leader photos (optional): images of Haitian women, teachers, nurses, moms, community helpers

Day 2 - Lesson Plan (45 min)

1. Warm-Up Question: What Does a Leader Look Like? (5 min)

Ask:

- Who is a leader in your life?
- Can a mom be a leader? Can a helper be a leader?

Make a short list on the board.

2. Mini-Review: Haitian Leaders in CLM (10 min)

Remind students about the story from Lesson 1. Ask:

- How did the mom become a leader in her family?
- Did she have to be famous to be a leader?

Show a few photos of Haitian women running small businesses or helping in their communities (if available).

3. Empowerment Quilt Activity (20 min)

Give each student a paper square (quilt patch). Prompt:

“Draw or write about a woman who is a leader or helper.”

Ideas: their mom, teacher, grandmother, the woman from the CLM story, or themselves in the future.

Once complete, have students glue their squares to a large poster or board to make a class “Empowerment Quilt.”

4. Gallery Walk & Sharing (5 min)

Let students walk around and look at each other’s patches. Invite 2–3 to share whose leader they drew and why.

5. Mercy Connection & Closing (5 min)

Ask: “Why does Mercy care about standing with women?”

Summarize: We show love, fairness, and kindness when we support others—especially people who are working hard to care for their families and others.

Closing phrase (whole class):

“We can be strong, smart, kind leaders too!”