



## Authenticity

# What Is Real?

**Activity Description:** After listening to a version of *The Velveteen Rabbit* by Margerie Williams, students will examine how “real” they are in their lives, what it takes to be real, and how important love is.

**Group Size:** Whole group

**Time Frame:** 45-50 minutes

**Objectives:** The students will be able to:

- Summarize a reading of *The Velveteen Rabbit*, specifically in regards to “realness” (aka “authenticity”)
- Make connections between content from *The Velveteen Rabbit* and their own lives
- Identify when they feel “real” and “unreal” in their daily lives

**Standard(s) Addressed:**

- 16.1.5.A Examine the impact of emotions and responses on view of self and interactions with others.
- 16.1.5.B Understand the impact of personal traits on relationships and school achievement.
- 16.2.5.A Establish relationships that are positive and supportive of others.
- 16.3.5.C Actively engage in creating an environment that encourages healthy relationships.

5.4

**Multiple Intelligence(s) Addressed:**

- Interpersonal
- Intrapersonal
- Verbal-Linguistic

**Materials:** 1 copy of *The Velveteen Rabbit*  
by Margerie Williams

**Directions:**

- Read *The Velveteen Rabbit* to the class.
- When you finish, begin a discussion by asking the following questions:
  - When did the Velveteen Rabbit become real in the story? Why?
  - How did the relationship between the Velveteen Rabbit and his owner change when the rabbit became real?
  - What is real?
  - When do you feel most real? (NOTE: Begin substituting the word “authentic”)
  - Do you care about being authentic?
  - What kinds of people contribute to our not being authentic (i.e. unreal)?
  - Can love change us? How? When? What kind of love?
  - Is being authentic painless?
  - What can we do about the pain of being authentic?
  - What are some issues we need to face in our journey to authenticity?

5.4

**Modifications:**

- Give students the option to reflect on the discussion in a creative way.
  - Journal about their own authenticity, the love that can change them, and the people who contribute to them not being authentic.
  - Paint or draw a picture of themselves as “unreal” like the Velveteen Rabbit without love and then a picture of themselves as authentic like the Velveteen Rabbit with love.
  - Have partnerships discuss this issue in depth and report back the highlights of their discussion.

**Processing Questions:**

- Included within lesson context