

## Lesson Topic: Self Mottos and Self Awareness

<b>Subject / Curriculum Area:</b> <ul style="list-style-type: none"> <li>• Personal, Social and Health Education</li> <li>• Health and Wellbeing</li> <li>• Personal and Social Education</li> <li>• Personal Development &amp; Mutual Understanding</li> </ul>	<b>Age Group:</b> 8-11
<b>Lesson Duration:</b> 1 hour	<b>Number of Lessons:</b> 1
<b>Lesson Aims:</b> <ul style="list-style-type: none"> <li>• For children to learn about themselves.</li> <li>• For children to develop self mottos and a positive self-image</li> <li>• To raise children's self-esteem and self-awareness.</li> </ul>	
<b>Key Words / Terms:</b> Self-motto, positive, appearance, personality	<b>Resources:</b> <ul style="list-style-type: none"> <li>• Self Awareness Teacher's Activity Sheet.</li> <li>• Self Mottos Worksheet.</li> <li>• Pens and coloured paper</li> </ul>

Time	Activity
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30 mins	<p>Children to complete the <b>Self Awareness</b> activity after teacher explanation. The rationale behind this is that a child, particularly one with a disfigurement, may become overly focused on their physical appearance. This allows them to learn more about themselves and to shift their focus.</p> <p>If time allows, you may ask children to speak to other class members and to look at each others "squares", encouraging them to look for further similarities and differences.</p>
30 mins	<p>Children to work through the <b>Self Mottos</b> worksheet, with initial teacher explanation. The aim of this is to raise self-esteem. It is recommended that this is a private activity and children are not asked to share their mottos with anyone. It may be a good idea to ask the class to work alone and in silence.</p>