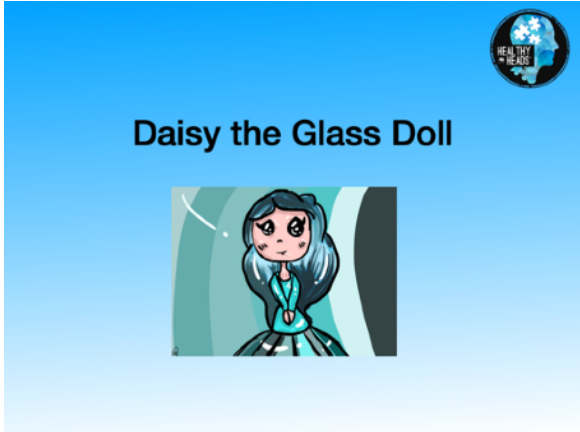




Healthy Heads Lesson Plan

Self-esteem - Year 1/2

- Our Aim:**
- I can think of reasons why I like myself
 - I can believe in myself
 - I can be proud of the things I do

Lesson Topic: Self-esteem	
Age: Year 1/2	Duration: 1 hour - 30 min classroom + 30 practical
Links to PSHE curriculum: <ul style="list-style-type: none">- About different kinds of feelings we have- About what makes them unique	Notes on the class: <p>Gain overview of class - discussion with teacher.</p> <p>SEND Medical Behaviour Other</p>
Resources <p>Theory: self-esteem presentation, paper Practical: cones, beanbags, dodgeballs</p>	
Organisation/Diagrams	Teaching Points/Questions
<p>Theory Introduction</p>  <p>Story</p> 	<p>Introduce topic Set classroom expectations Share learning objective</p> <p>Read: Daisy the Glass Doll</p> <p>BEGIN STORY HERE</p>



From that day onwards, Daisy wore her glass shoes every day with pride. She made a lovely sound as she walked and was happy in herself. She believed in all the great things she could do as a glass doll.



END STORY HERE

Ask: 3-5 Key questions

Examples of good key questions:

- What did Daisy do to show that she may have not been happy with herself?
- How did she show that she was happy with herself at the end of the story?
- What helped Daisy believe there were lots of good things about herself?

Task 1

Handout: paper



Can you write down one thing that makes you different to everyone else in the room?



Write it on your piece of paper then put it in the box.

Share task 1 as shown on the slide.

Children must write a word or draw a picture to show what makes them different to everyone else in the room.

Collect in each piece of paper and choose a couple at random. Read out what makes them different. Can the other children guess who it is?

Conclusion



What's important?

We are all different and that's okay. There is something great in every person.

So..

Like yourself, believe and be proud of who you are.

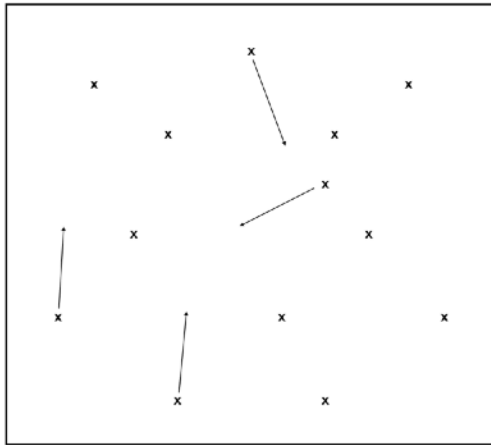


Share conclusions as shown on the slide.

Prepare children for practical. Emphasise that children will practise and discuss resilience during the practical.

Practical

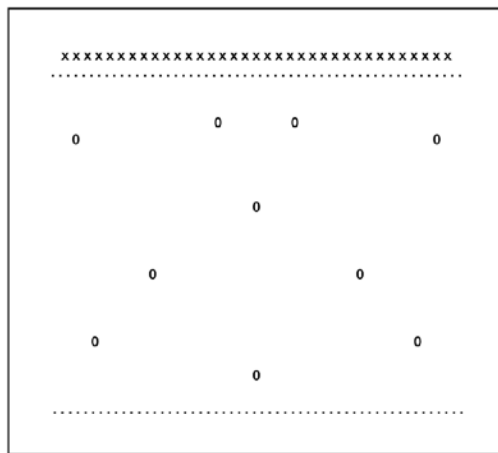
Activity 1 - TV Remote



Key: Children - x

Children must move around the area following prompts from the teacher relating to buttons on a TV remote. The instructions are as follows: Play = walk/run, Pause = stand still, Fast forward = quick feet on the spot, Rewind = move backwards, Skip = skip

Activity 2 - Hungry Hippo's



Key: Children - x Red cones - 0 Other cones - .

Children must all start at one side of the 'swamp' and move across when prompted. Children must start off by using balancing skills on their tip toes to move across the swamp, but if children make a noise then the hippos might wake up. After a few attempts, then must now sprint across on the forefront of their feet.

Conclusion

Remind children of learning and share rewards i.e Dojos.

Progression 1 - On/off button = Standup/Lie down

Progression 2 - Record = choose a TV character. Can you act like that character eg. Dance like Elsa or shoot webs like Spiderman

Teaching points:

Ask: What can you do that's different to everyone else in this game?

Examples of correct answers:

- Choose a different character
- Do different moves for your character

Progression 1 - Add in the red cones which are the baby hippos? Children must move past the baby hippos creatively.

Progression 2 - The Mummy/ Daddy hippo (teacher) is now in the game. Children must move past the mummy/daddy hippo without being 'gobbled up'.

Teaching points:

Ask: How can you move passed the hippos different to others?

Examples of correct answers:

- Jump over baby hippos
- Sidestep passed hippos
- Move backwards past hippos
- Hope over baby hippos
- Crawl passed hippos