

RELATIONSHIPS EDUCATION

MODULE C Respectful Relationships

O18 - Self-esteem and happiness

Year 2
Spring Term: Lesson 2



Lesson Overview

Lesson 2: Self-esteem and happiness

Engage
&
Activate

Paired & Whole Class Activities

Are we all the same?



10 minutes

Explore
&
Explain

Whole Class, Paired & Independent
Activities

What are you good at?



20 minutes

Elaborate
&
Reflect

Whole Class & Group Activities

Positive self-esteem

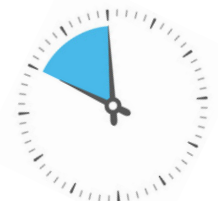


20 minutes

Evaluate
&
Review

Whole Class & Paired Activities

Reflection



10 minutes

Lesson Plan

Lesson 2: Self-esteem and happiness

Aim

To learn how to develop self-esteem so that we can be happier

Lesson Objectives

In this lesson pupils will:

Recognise what it means to have confidence and positive self-esteem

Learn how to develop positive self-esteem and how this can lead to them being happier

Explore how to use reflection as a means of self-improvement

Learning Outcomes

By the end of this lesson pupils will have:

Identified the things they are good at as a means of improving their confidence

Explored how to develop positive self-esteem

Discussed how to use reflection as a way to better themselves

Key Vocabulary

confidence

self-esteem

reflection

improve

Resources



Resource sheets



Pens / Pencils



Video



Felt tips /
Markers

Lesson Plan

Engage
&
Activate

Lesson 2: Self-esteem and happiness

Paired & Whole Class Activities

Are we all the same?

Display the picture (**Resource 1**).

Ask pupils: Are we all the same?

Give pupils **1 minute** to **discuss** the answer to the question with their partner.

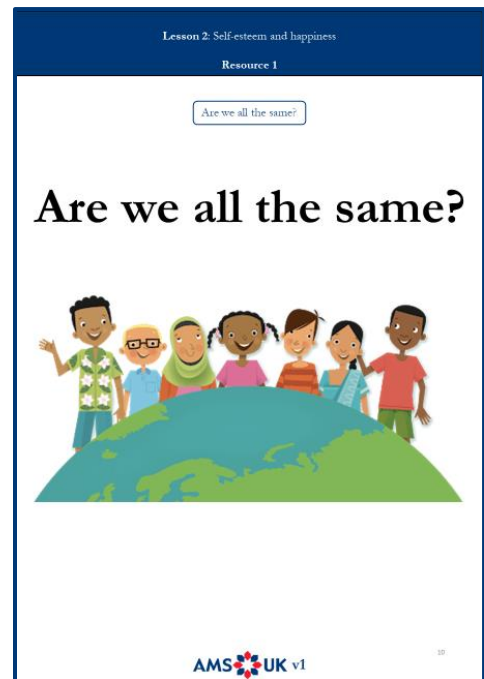
Take feedback.

Explain we are not the same, Allah has created us all differently and He says in the Qur'an that he has created us in the best way.

Ask pupils: How are we different?

Explain that everyone is unique: we have different skin colours; different bodies; and different skills and abilities. You will never be exactly the same as anyone else, even identical twins are different.

Inform pupils in this lesson that we will **learn** the importance of not comparing ourselves to others and focussing on the things we are good at so that we can **develop** our confidence and self-esteem which will lead us to being happier.



Lesson Plan

Engage
&
Activate

Lesson 2: Self-esteem and happiness

Paired & Whole Class Activities

Are we all the same?

Introduce learning objectives and learning outcomes.

Use children friendly alternatives:

In this lesson I will:

- **Write** about the things I am good at to help me improve my confidence
- **Make** a poster about how to develop positive self-esteem
- **Discuss** how to use reflection as a way to better myself

Discuss key vocabulary and **share** definitions.

confidence	believing in your abilities, recognising the things you are good at and willing to give new things a go
self-esteem	accepting yourself just the way you are and feeling positive about yourself
reflection	serious thought about something
improve	to become better

Lesson Plan

Explore
&
Explain

Lesson 2: Self-esteem and happiness

Whole Class, Paired &
Independent Activities

What are you good at?

Write, 'Everyone is good at something' on the whiteboard.

Remind pupils that everyone is good at something! However, sometimes we are too busy comparing ourselves to others or focusing on the things that we are not so good at, that we forget this.

Ask pupils: Have you ever tried something new, like a new sport or solving a tricky maths problem, and you didn't do as well as you had hoped?

Take pupils' responses.

Explain that every time you try something new, your first try won't be perfect. Remember, things take practice, so don't be hard on yourself! When we don't do as well as we'd hoped, we can start having negative thoughts about ourselves.

Ask pupils: Can you think of some negative thoughts you've had about yourself? (I'm not good at anything; I'm a failure; everyone thinks I'm boring; why bother even trying?)

Explain that instead of thinking of these bad thoughts, **think** positive of yourself and Allah by reminding yourself of all the things Allah has made you good at.

Watch the video, 'Henry and Leslie' (2:43).

Ask pupils: What did Henry do every time something negative happened to him? (He reminded himself of all the things he's good at)

Instruct pupils to **tell** their partner one thing they're good at. (E.g. drawing; writing stories; playing football; being a good friend; helping your parents etc.)

Lesson Plan

Explore
&
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Lesson 2: Self-esteem and happiness

Whole Class, Paired &
Independent Activities

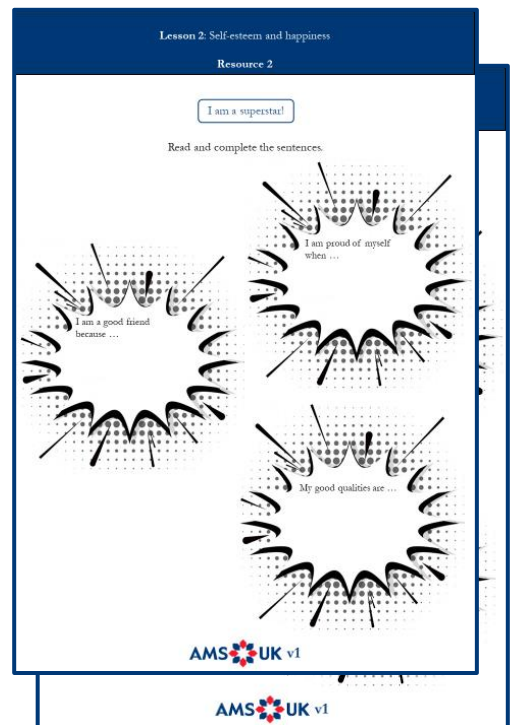
What are you good at?



<https://www.youtube.com/watch?v=A2RIHM8xfmM>

Give all pupils a copy of the, 'I am a superstar' worksheet (**Resource 2**).

Ask pupils to complete the sentences to show the rest of the class why they are superstars.



Lesson Plan

Elaborate
&
Reflect

Lesson 2: Self-esteem and happiness

Whole Class & Group Activities

Positive self-esteem

Give pupils **2 minutes** to **discuss** some of the things mentioned in the previous activity with their partner.

Take responses and **write** on the whiteboard.

Possible responses include:

- Think positive of Allah, Allah is as you think of Him, if you think he will make you better at something, He will!
- Set small goals and celebrate when you achieve them
- Try your best not to compare yourself to others
- Don't give up on your first try, keep on trying
- Avoid having negative thoughts about yourself
- When you have negative thoughts, replace them with positive ones
- Write down all the things you are good at
- Everybody is different, celebrate your differences

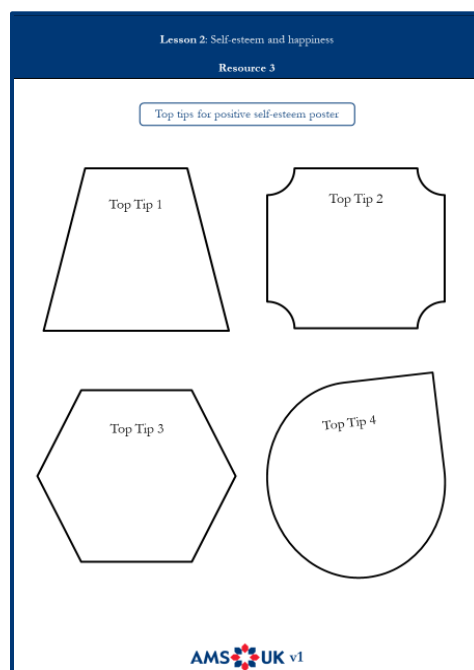
Explain that these are all things that make us feel good about ourselves, i.e. develop our **self-esteem**.

Place pupils into groups of **four**.

Give each group a copy of, 'The top tips for positive self-esteem' (**Resource 3**).

Ask pupils to **choose four** of the items from the list made earlier to **make** a 'Top Tips' poster to help boost the self-esteem of other children in the school.

The best posters can be used to **make** a school display.



Lesson Plan

Evaluate
&
Review

Lesson 2: Self-esteem and happiness

Whole Class & Paired Activities

Reflection

Ask pupils: What is reflection?

Explain that reflection involves thinking deeply about your day, about what went well, what didn't go so well and what we can do to improve in the future.

Explain that if we practice reflection regularly, it can help develop our self-esteem and lead to us being much happier.

Give an example of reflection to the pupils, for e.g. 'Yesterday, I did well in my spelling test, and I helped my mum wash the dishes - this made me feel good. What didn't go so well was that I had an argument with Sophia in the playground, I will apologise to her today insha'Allah as it was my fault for not allowing her to play with me.'

Instruct pupils to reflect on yesterday.

Ask them to close their eyes and think deeply about what went well the day before, what didn't go so well and what they can do to try to make sure today is much better.

Review learning by referring to learning objectives and learning outcomes.

Pose questions to check understanding and clarify misconceptions using **think, pair, share**:

- What should we do if we have negative thoughts about ourselves?
- Give **three** ways we can develop our self-esteem?
- What does it mean to 'reflect' on your day?

Are we all the same?

Are we all the same?



Resource 2

I am a superstar!

Read and complete the sentences.



Resource 2

I am a superstar!

Read and complete the sentences.

I am really good at ...

I have worked hard to improve ...

I help others by ...

Top tips for positive self-esteem poster



Top Tip 1



Top Tip 2



Top Tip 3



Top Tip 4