

# 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.

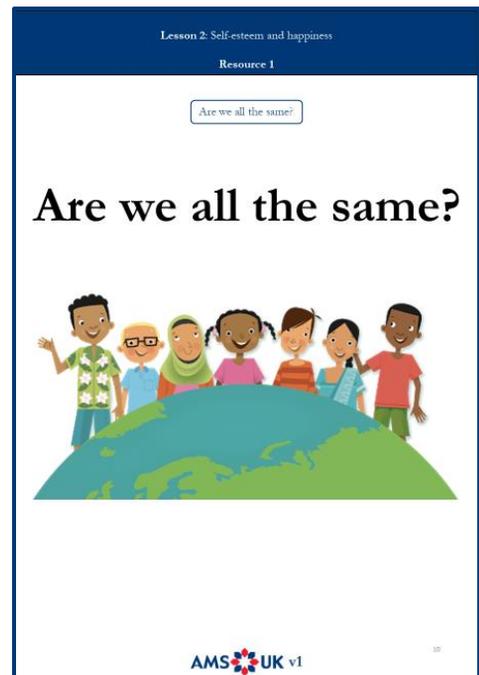
**Take** feedback.

**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.

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

## Lesson 2: Self-esteem and happiness

Whole Class, Paired &  
Independent Activities

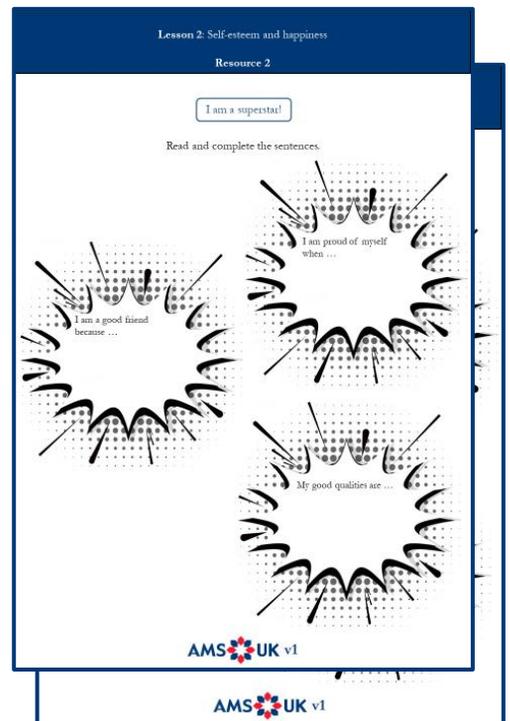
What are you good at?



<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

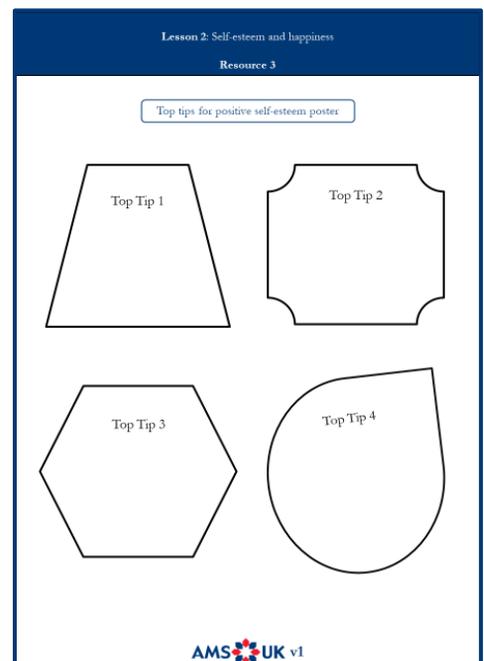
**Explain** that these are all things that make us feel good about ourselves, i.e. develop our **self-esteem**.

**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!

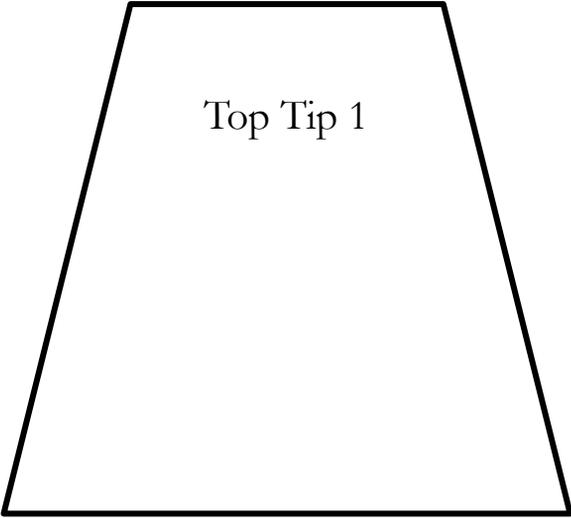
Read and complete the sentences.

I am really good at ...

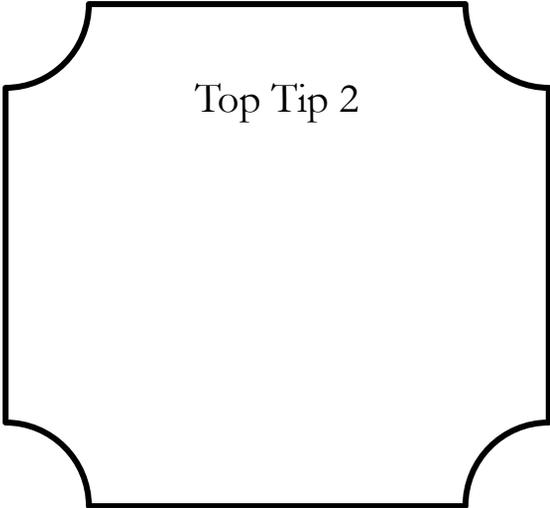
I have worked hard to improve ...

I help others by ...

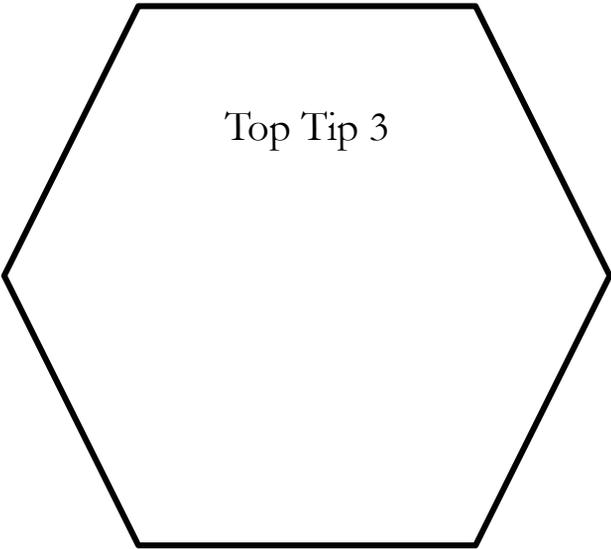
Top tips for positive self-esteem poster



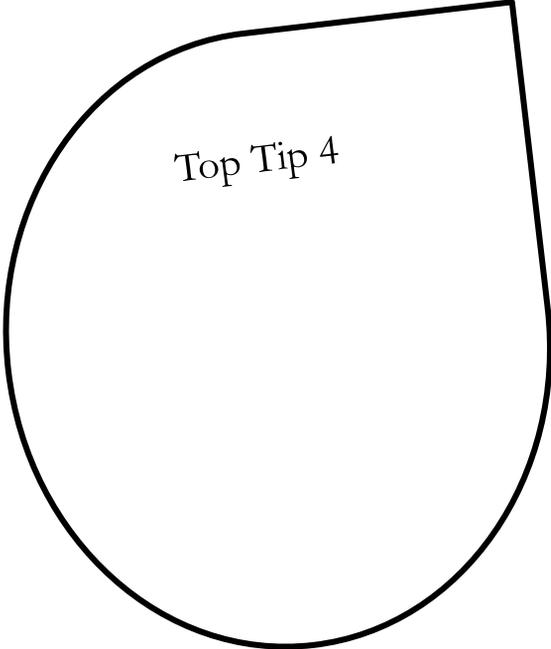
Top Tip 1



Top Tip 2



Top Tip 3



Top Tip 4